

RED BOOK

A full-page photograph of Sheryl Crow, a woman with long, wavy blonde hair, smiling at the camera. She is wearing a bright red, strapless, ruffled top and dark blue jeans. She has large, ornate gold and green earrings and several gold bangles on her right wrist.

love your life

What no one ever tells you about marriage

The intimate truths that save relationships

BIRTH CONTROL WITH BENEFITS

Cure your belly bloat and bad moods—yay!

10 sexy one-step beauty tricks

Sheryl Crow
on her secret struggle to adopt a second baby boy

ENTER TO WIN
LUXURY FREEBIES
Big diamonds, vacations, and Sheryl's earrings!

Pick your best way to lose weight

5 plans that make it easy

"ORGANIZE ME!"
EXPERTS TACKLE YOUR CLUTTER, STACKS & STRESS



BEAUTIFULL-FIGURED

Luxurious Seamless Stretch panties and coordinating Extreme Comfort bra. Feel as glamorous as you look. Visit fruitforher.com.





*Suggested retail price.

LOCK-IN MOISTURE. BLOCK-OUT DRYNESS.



.....[refreshingly lightweight gel-cream]



NEW

24 hours of refreshing
hydration
for a light price,
\$7.99* or under



Take care.

GARNIER

garnierusa.com

Neither mini nor van.



LTZ shown, with 7-passenger seating, \$38,760²

¹ EPA estimate (FWD). ² MSRP. Tax, title, license, dealer fees and optional equipment extra. Chevrolet and Traverse are registered trademarks of General Motors. © 2010 General Motors. Buckle up, America! The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license.

Presenting the Chevrolet Traverse. The 8-passenger crossover designed for families and made for you. The interior amenities lavish the driver in comfort, yet it has 30% more cargo space than a Honda Pilot. The Traverse also offers a remarkable 24 mpg highway.¹ It was even named A Consumers Digest Best Buy two years in a row. Everyone deserves a family car that isn't a minivan. **Starting at \$29,999.² Find out more at Chevy.com.**

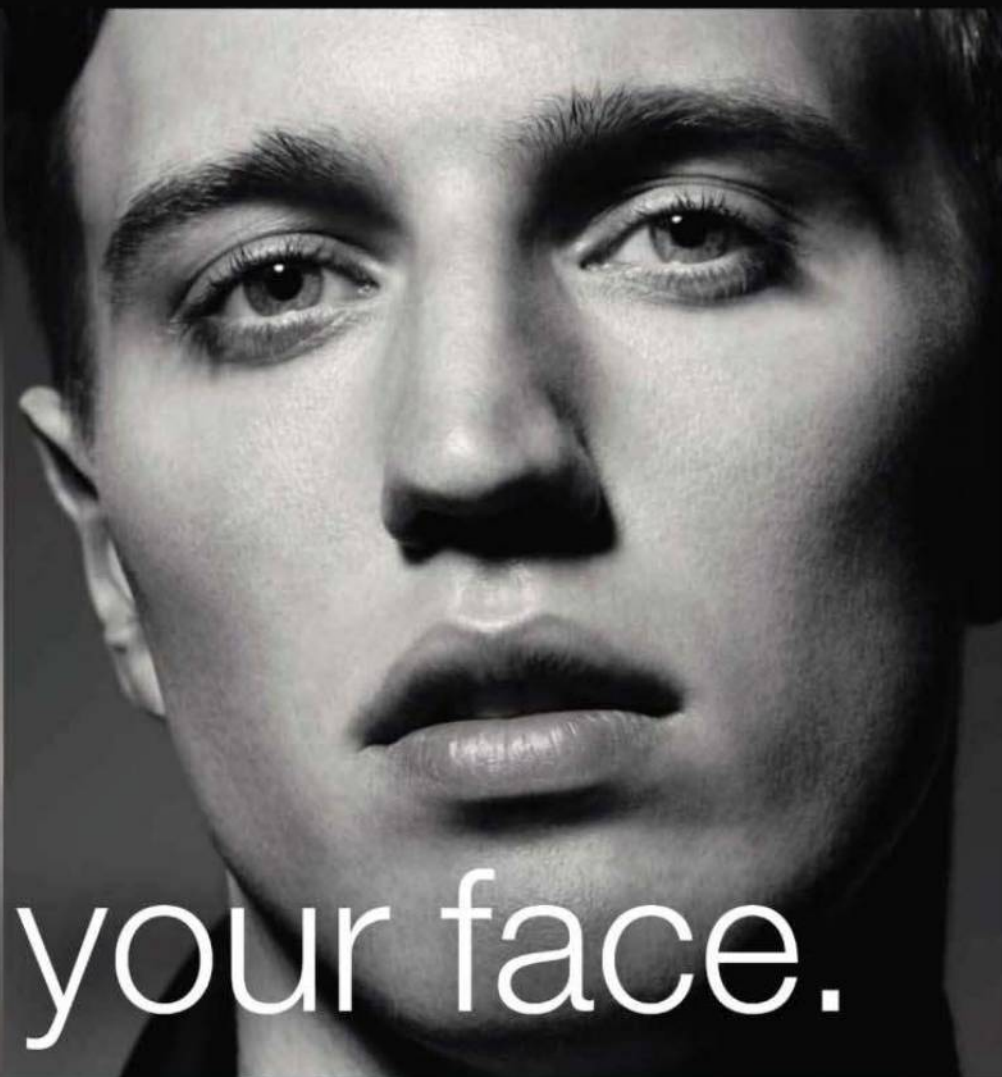


BRAUN



"Life is one big classroom."

Wear your face.



The perfect gift for back to college.

Ever known a college student to shave on the weekend? That's why Braun Series 3 shavers have a Three Stage Cutting System that cuts long hairs as easily as short ones. It also helps minimize skin irritation. Perfect for when he's studying all weekend. Or partying. braun.com

Braun Series 3. Designed to make a difference.

COVERGIRL®

DREW BARRYMORE



Drew Barrymore is wearing
Clean for normal skin in Classic Ivory.

had it with **one-size-fits-all** makeup?
try lightweight coverage that's made to fit you!

Clean Makeup

No more masky, heavy makeup—try the lightweight Clean formula that's just right for you. Clean normal, oil control and Clean for sensitive skin—it's 100% fragrance and oil free. Shop now! Find your Clean at covergirl.com

easy breezy beautiful COVERGIRL



Find the Clean liquid and pressed powder for your skin type.

Tantalizing fragrance

With its unique Silky Fragrance Infusion™, Caress® Body Wash blends triple silkening moisturizers with exquisite fragrance. Giving you soft, scented skin that will tantalize the senses like no other.

©2010 Unilever



August

p.48

Handbags with pretty hardware.



Style Scoop

- 43 **Best Summer Look Ever!** Make classic nautical style work for you.
- 44 **How to Dress for In-Between Seasons** Wear the summer clothes you love into fall.
- 46 **Satisfy Your New-Leather-Jacket Craving** These four chic styles are all faux.
- 48 **Bags With Bling** Studs! Gems! Chains! These purses are like great jewelry.
- 50 **Red Carpet to Redbook** Do the superhigh pony.
- 52 **Cheryl Checks It Out** Dry shampoo.
- 54 **Beauty Checklist**
- 170 **5 Beauty Tricks to Try Before Summer's Over** Easy, sexy ideas that are perfect for right now.

Your Love Life

- 59 **Follow This Love Advice Every Day**
- 60 **Love Notes** What's the craziest thing you've ever done together?
- 62 **What I Know About Women** *True Blood's* Stephen Moyer.
- 64 **What's Romantic to a Guy?** Aaron Traister tells you what turns men to mush.
- 70 **Sex Life Road Test** Voluntary dry spell.
- 72 **The Heart Stuff** Straight-talking relationship advice from Karen Karbo.
- 80 **Your Red-Hot Summer Read** Jennifer Weiner's "The Half Life."
- 176 **Your Marriage Protection Plan** How to stop an affair before it starts.



p.170

Look laid-back and sexy as you soak up the end of summer.



On the Cover

- 176 **What No One Ever Tells You About Marriage**
- 93 **Birth Control With Benefits**
- 170 **10 Sexy One-Step Beauty Tricks**
- 164 **Cover Story: Sheryl Crow**
- 156 **"Organize Me!"**
- 16,20 **Luxury Freebies!**
- 104 **Pick Your Best Way to Lose Weight**

Sheryl Crow photographed exclusively for REDBOOK by Gilles Bensimon. Hair: Rebekah Forecast at The Wall Group. Makeup: Kristofer Buckle at The Wall Group. Manicure: Gina Edwards for Lippmann Collection. Stylist: Nicole Ferreira at The Wall Group. Top: Brian Reyes. Jeans: J Brand. Earrings: Alexis Bittar. Bangles: Lee Angel. Ring: House of Lavande. Get Sheryl Crow's look with makeup by Sephora and hair care by Fekkai. Makeup: Sephora Retractable Waterproof Eyeliner in 08 Brown. Colorful Mono Eyeshadow in Tiny Bubbles. Perfecting Tinted Moisturizer in Medium 28 Camel. Harmony Trio Bronzer in Apricot. Lip Attitude Star in Fun Coral. Hair: Fekkai Advanced Full Blown Volume Shampoo & Conditioner. Coiff Oceanique Tousled Wave Spray. Coiff Magnifique Ultra-Light Finishing Crème.

August

Body & Mind

- 93 Birth Control With Benefits
- 98 Yes, You Can Be Healthier This Month
- 102 Your Big O Questions, Answered
Naked truths from Hilda Hutcherson, M.D.
- 104 Pick Your Perfect Way to Lose Weight
- 117 Escape on a Girlfriends Getaway!

Making It Work

- 127 How to Stop Office Rumors
- 128 4 Times It Pays to Splurge Beth Kobliner
helps you put mind over money.
- 130 Should You Panic About Online Privacy?
- 134 Be a Full-Time Mom with a Part-Time Passion
- 140 Mom Life True tales from summer camp.
- 142 Mommy Strategies
- 144 Is My Son *Trying* to Make Me Nuts?
Alice Bradley, the Imperfectionist, shares her adventures in parenting.
- 148 "Stability, Happiness, Love—I Have Them All" How *American Idol*'s Crystal Bowersox made her dreams come true.
- 156 How to Organize a Crazy-Busy Life
- 180 Three Babies in One Year?

Living

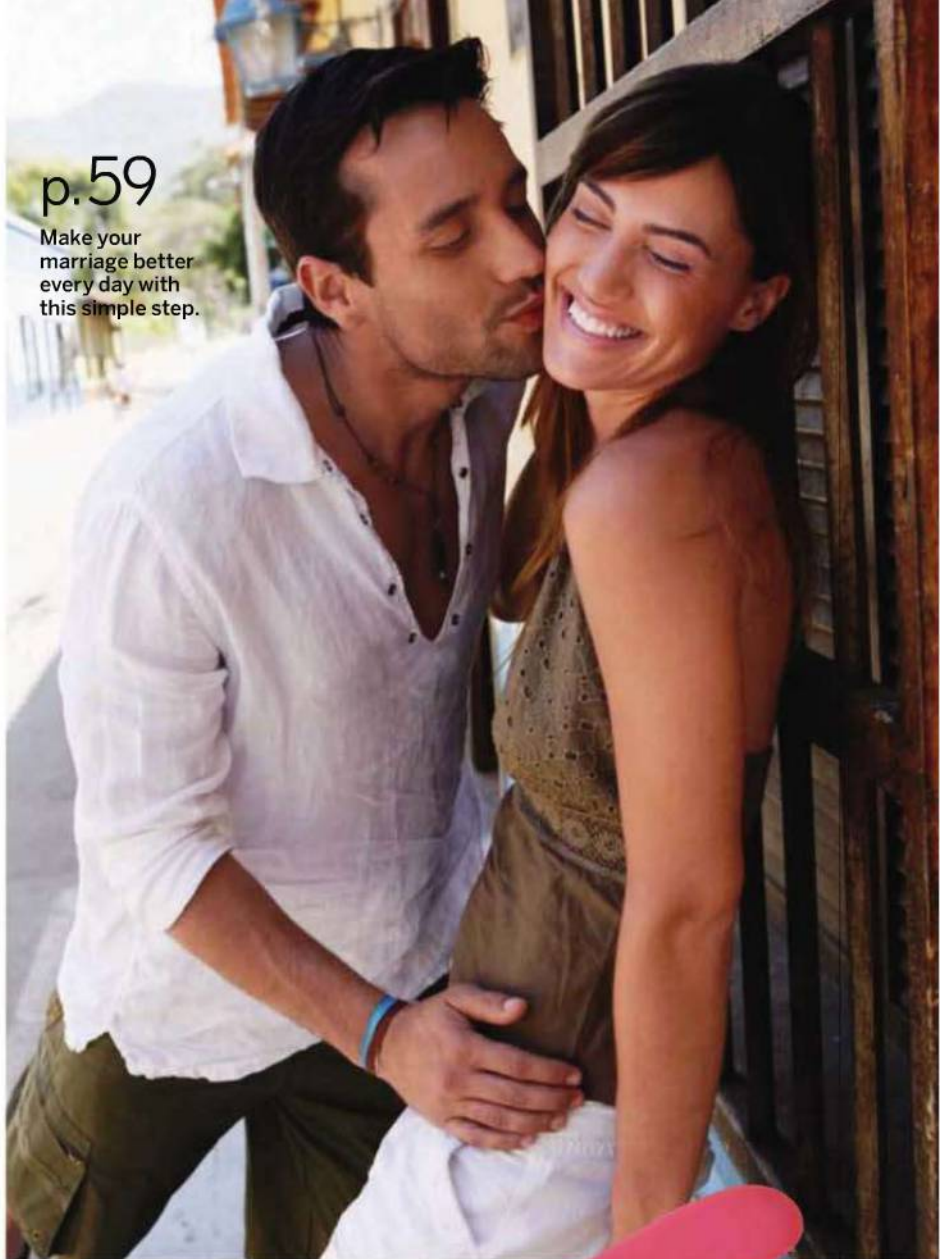
- 189 Your Home Needs More Yellow!
- 190 Got 2 Hours? Make over a dresser.
- 196 6 Fresh, Fast Sides for Whatever You're Grilling
- 204 Hungry Girl's Skinny Cocktails

Downtime

- 207 Movies, Music, TV, Books, and Fun
- 214 Take a Totally Unplugged Vacation
How one woman reconnected with her family.
- 218 Wow, That Was Embarrassing!

p.59

Make your marriage better every day with this simple step.



In Every Issue

- 12 Editor's Letter
- 16 Behind the Scenes
- 18 Redbook Online
- 20 Win It!
- 22 Red Letters
- 29 Just In Time
- 220 Shopping Guide
- 222 I Love My ____ Life

p.189

Happy little extras for every room in your home.



p.54

Glam glosses and more beauty must-haves.

SUBSCRIPTION QUESTIONS?

Please go to service.
redbookmag.com for all inquiries.



Bedroom confessions, true mom moments, recipes, free stuff & more at redbookmag.com.

L' O R

É A L[®] PARIS
SKIN-EXPERTISE[®]

Now defend against photo-aging:
The #1 cause of wrinkles.
Deflect UV light +
repair past damage.

NEW
REVITALIFT[®]
COMPLETE
PHOTO-AGING REPAIR

Every time light touches your skin,
it causes more wrinkles.
It's called photo-aging.

That's why L'Oréal's RevitaLift brings you
our strongest photo-aging defense ever.

It deflects damaging UVA/UVB light away from
your skin with SPF 30. Simultaneously, it helps
repair wrinkles from past damage with
Pro-Retinol A + Elastin.

Only possible from the
#1 anti-wrinkle brand worldwide.*

Andie MacDowell for L'Oréal Skincare



Can I help you find the perfect skincare regimen?
Go to lorealparis.com/canihelpyou

©2010 L'Oréal USA, Inc.

*Revitalift #1 Anti-Wrinkle Brand based on 2009 Nielsen's, IRI, SRI results in 50 countries. Accounts for 93% of Worldwide GDP.

L'ORÉAL
PARIS
Because you're worth it™



With my husband, Rob. Oops—forgot makeup.

This is how I look when a famous photographer (Gilles Bensimon) snaps my picture. And these shots show how I look the rest of the time!



Moving into my new office at REDBOOK with my girls, Julia (left) and Evie (right).



A deer-in-headlights outtake from my wedding. What can I say—it was stressful!

“Hi, I’m new here!”

As REDBOOK’s newest employee, I need your help to make this magazine even better.

There is always something awkward and vaguely Dunder Mifflin-ish about starting a new job. Your keyboard feels weird, you look green in the ladies’ room lighting, the push-button coffee system baffles you. And then there’s the big challenge: introducing yourself to all the people you’ll be working with every day. In my case, that includes *9 million* of you! But my new-girl jitters eased the minute I picked up your reader mail. I was awed by your humor, smarts, and energy, from Andrea Butler McClanaghan in Torrington, CT, a mom of two who works full time *and* goes to school, to Cheri Payne in Missouri City, TX, who keeps her marriage rock-solid despite seeing her pilot husband only five days a month.

You all inspire me, and I’m thrilled to have the chance to inspire you right back in these pages. To do that, I need your input. Please write to REDBOOK via email, Facebook, Twitter (@redbookmag), and yes, old-fashioned snail mail—I will read every word! Tell me what you’d like to see in the magazine and how you feel about the changes we make in the coming months. Better yet, log on to redbookmag.com and join our Reader Panel of women who answer nosy questions, share strong opinions, and test new products for us.

I hope to share something really useful on this page every month—this time it’s tips for looking good in pictures, since I just had a fancy photo (above) taken—as well as confessions from my very REDBOOK life. Like most of you, I have a husband, kids, a house, and a to-do list that keeps me moving at a fast clip. Sometimes a little too fast: A few weeks ago I got home and threw some salmon in the oven while simultaneously checking homework and getting my daughters ready for bed. Around 8, I thought, *Where is my husband? Dinner’s ready!* So I called Robert’s cell, all huffy. “I’m in Detroit for that meeting tomorrow,” he says. Oh, yes, I knew that.

Hey, I’ll tell you my stories if you tell me yours. Keep in touch!



THERE’S AN APP FOR REDBOOK!

Gotta have an item you see in these pages? Our new app, One Stop Shop, tells you the closest places to buy it, no matter where you are. What’s not to love about that?

Jill

Jill Herzig, Editor-in-Chief
redbooked@hearst.com

4 ways to look better in pictures

REMEMBER EYE DROPS!

Makeup artist Kristofer Buckle made Sheryl Crow look amazing on our cover (and does the same for Demi Moore and Salma Hayek Pinault). He says using eye drops before a photo op makes you look instantly prettier and less tired.

SUPERSIZE YOUR LASHES

Buckle recommends giving them extra oomph by adding false lashes or using a volume-building mascara (or both!).

DON’T LOOK STRAIGHT INTO THE CAMERA

“A three-quarter angle is much more flattering,” Buckle says. “Imagine you are looking at 2 o’clock to get the perfect balance.”

ACT NATURAL

If you do only one thing, take the advice of famed photographer Gilles Bensimon, who has photographed many of the most stunning women in the world—including our cover girl this month. “Every woman is beautiful in her own way, but there is nothing more important than her confidence. Don’t try too hard. Play up your favorite features, and just be yourself.” Trust him, ladies. He *knows*.



JILL: PHOTOGRAPHED BY GILLES BENSIMON. HAIR: GINA BERLOTTI. MAKEUP: KRISTOFER BUCKLE AT THE WALL GROUP. SNAPSHOTS: COURTESY OF SUBJECT (3). STILLS: FROM TOP: CHRIS ECKERT/STUDIO D, DEVON JARVIS/STUDIO D.





Now you can keep it feeling fresh
up to five times longer.

Introducing Crest Extra White Plus Scope Outlast
for a fresh breath feeling that lasts up to five times
longer* and a whiter smile. **Dare to outlast.**



Healthy, Beautiful Smiles for Life.

*versus ordinary toothpaste



crestplusscope.com

COVERGIRL®

DREW BARRYMORE

THE LIPWEAR THAT DOES WHAT A LIPSTICK CAN'T.

OUTLAST LIPSTAIN. LIGHTWEIGHT LIPWEAR THAT WON'T COME OFF.

A splash of lightweight color that leaves lips blushing for hours. How? It's not a lipstick. It's a liquid stain that's absorbed instantly. Lips feel bare to the touch with a flush of color that won't smudge, won't budge. Your lipstick can't do that, can it? Outlast Lipstain. The latest look in lipwear in 10 stay-on shades.

Drew is wearing Outlast Lipstain in Everbloom Kiss. **IGNITE YOUR BEAUTIFUL! SHOP NOW AT COVERGIRL.COM/OUTLAST**

easy breezy beautiful COVERGIRL





Wyatt shows Mom his cool car at the cover shoot.



YOU COULD WIN THESE TOO! 20 readers will score these gold earrings. (See page 221.)



ENTER FOR A CHANCE TO WIN SHERYL'S EARRINGS

Her oversize gold-and-turquoise Alexis Bittar earrings add a shot of rock-and-roll glam to a laid-back outfit. And we're giving away a pair of the big dangles! (To enter, see details on page 221.)

Or try these statement earrings (from top): Gold circle earrings with chrysophase, \$135, green quartz gemstone earrings, \$170, both Nashelle; nashelle.com.



Makeup artist Kristofer Buckle played up Sheryl's natural glow with iridescent, flesh-toned eye-shadow at the inner corner of her eyes and along her cheekbones. Sephora Colorful Mono Eyeshadow in Tiny Bubbles, \$12, sephora.com.

SHERYL CROW SHARES WHAT INSPIRES HER "I love my farm life."

"I love being connected to the earth," says REDBOOK's August cover star, who lives with her two little boys, 3-year-old Wyatt and 3-month-old Levi, on a ranch outside of Nashville. "I love being able to get my hands into the soil and grow things and feed my animals out of my own hand. I eat food that's born and raised here, so I have a sense of what 'from the ground to the table' means."



At the shoot, the jewelry box of our dreams. So gorgeous!

**fresh just got
a nourishing
boost**

The freshness you love just got better. Now with NutriumMoisture™, Dove gofresh body wash not only revitalizes your mind—it also nourishes your skin. Find out more at dovegofresh.com.

 Dove gofresh. Fresh at its best.

nutrium
moisture™





you, only better



Fresh just got a nourishing boost! Introducing Dove® gofresh™ Body Wash now with NutriumMoisture™ technology.

We asked REDBOOK readers to tell us how their lives have gotten a boost. Here's what one reader had to say:

“My days used to be full of **manicures** and **martinis**, and I had lots of ‘**me time**.’ These days, my life is full of **double diaper duty** and **double strollers**, and I have more **unconditional love** than I could have imagined. I love my **mommy** life.”

— Dana Galatro, Howell, NJ



Try new Dove® gofresh™ Body Wash and experience fresh at its best.

Learn more at dove.com.



Dove gofresh.



ust got
rishing
post

r. Now with
sh not only
es your skin.
ofresh.com.

nutrium
moisture



redbookmag.com

TRY SOMETHING NEW THIS MONTH

Whether you've always wanted to bake like a pastry chef, rock a supershort haircut, or lose those last few pounds, we've got the tips, tricks, and tools to make it happen—just log on to **redbookmag.com**.

Try out a new look (risk free!)

● redbookmag.com/hairtool



Use our virtual salon to find out which celeb haircut is most flattering for your face, road test the latest makeup trends, and even remove wrinkles—all with a click of your mouse!

Learn to cook like a pro

● redbookmag.com/foodvideos



If you've always wanted to take a cooking class but haven't ever had the time, try our two-minute food videos. You can learn to poach chicken, brush up on your knife skills, bake a perfect batch of brownies, and more.

Lose 10 pounds

● redbookmag.com/bodytool



It's so much easier to lose weight when you can see your goal. So upload your photo to the instant-weight-loss tool and click to watch yourself shed pounds. Talk about awesome inspiration!

Master a sexy move

● redbookmag.com/sexytips



Wow your guy with some sexy surprises. From bedroom tricks to hot date-night ideas, these tips are guaranteed to heat things up with your man tonight!



ENTER TO WIN AMAZING PRIZES!

Reward yourself with luxe beauty products, a diamond necklace, a trip to Aruba, and more. Two minutes is all it takes for a chance to win!
redbookmag.com/freestuff

OLAY

REGENERIST

*For firmer skin in 5 days,**



this lightweight...IS NO LIGHTWEIGHT.

NEW REGENERIST MICRO-SCULPTING SERUM

For firmer, lifted skin, challenge the need for heavy creams with this lightweight serum from Olay. It goes on surprisingly light yet gives you significantly firmer skin in just 5 days. Pretty heavy lifting for such a lightweight.

*With plumping hydration.

OLAY. CHALLENGE WHAT'S POSSIBLE.™

A mega-diamond necklace

1 reader will win a diamond necklace from Helzberg Diamonds. This 14-karat white-gold chain with a $\frac{3}{4}$ -carat diamond pendant has a total value of \$2,499.

Beautiful blush

35 readers will each win the Blushing Bride natural cheek stain from Tarte Cosmetics. The water-based gel tint gives your cheeks a natural, just-went-running flush. Value of each, \$30.



Sun, sand, and slots

1 reader will win a 4-day, 3-night stay for 2 at the Aruba Marriott Resort & Stellaris Casino in Aruba, including round-trip airfare, from arubamarriott.com. Total value, \$2,750.

**\$261,256
worth
of free stuff**

Win It!

Log on at
redbookmag.com/winit
for the chance to win.



Chic diaper bag

5 readers will each win a canvas Nest diaper bag filled with baby goodies from theminisocial.com. Value of set, \$332.

Cool kitchen gadget

15 readers will each win an iHome kitchen timer and alarm-clock radio from ihomeaudio.com. The radio has a retractable iPod docking station and a dual bake timer. Value of each, \$100.



High-tech vacuum

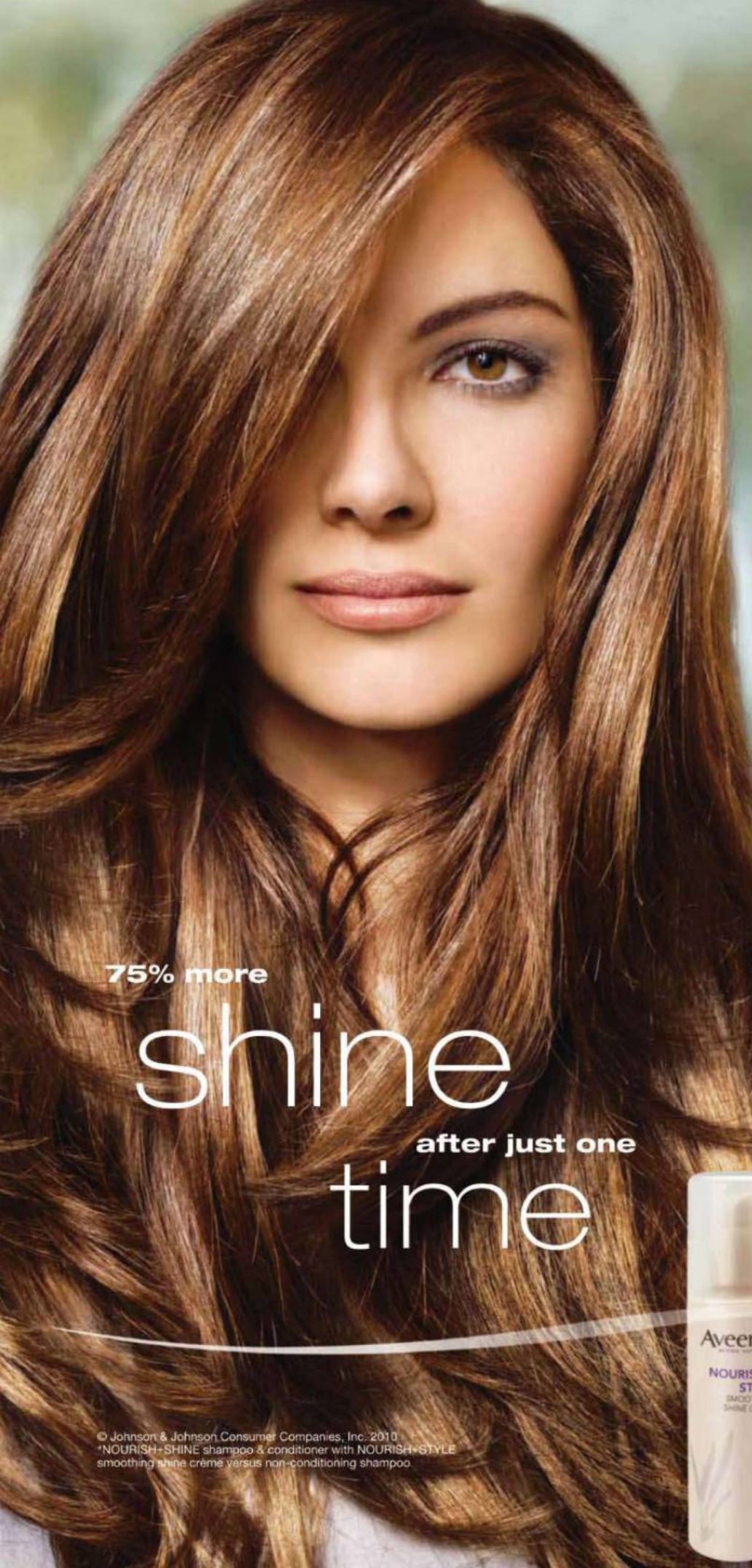
3 readers will each win the Oreck XL Gold Power Team vacuum cleaner from oreck.com. The lightweight, hypoallergenic vacuum has a self-sealing inner disposable bag and a handheld vac. Value of each, \$599.



The center diamond
is $\frac{1}{4}$ carat!

COLD, HARD CASH: WIN \$250,000!

Last year, 1 lucky reader walked away with \$100,000. Now you've got more than twice as many reasons to enter! Enter at win250k.redbookmag.com. See page 221 for details.



75% more

shine
after just one
time

NEW

Aveeno
ACTIVE NATURALS
NOURISH+
SHINE



ACTIVE NATURALS®
WHEAT COMPLEX

exclusive formulas proven to
target and smooth damage for

75% more shine

after just one use*



the beauty of
nature + science

NEW



© Johnson & Johnson Consumer Companies, Inc. 2010.
*NOURISH+SHINE shampoo & conditioner with NOURISH+STYLE
smoothing shine crème versus non-conditioning shampoo.

visit aveeno.com for a
free sample

THE HOTTEST NEW SHADES
OF THE SEASON

REVLON NAIL ENAMEL

10 brilliant days of
chip-resistant
color and shine.*

SceneStealer

Silver
Screen

All Fired Up

Hot For Chocolate

Gray Suede

Only from
Revlon
Color
Authority.™

Valentine

*When worn with Revlon
base and top coat.
•New shade.

REVLON

Red Letters



Sweet music

I was moved by Abby Ellin's article about how she learned to play the cello ["What I Did for Me," June]. Her courage to try something new really hit home with me. I have wanted to learn photography for a long time, and she really inspired me to get moving and do something just for me. I've already begun researching photography classes! —Jamie Werner, Carlsbad, CA

Guilt-free child care

I want the best for my son but struggle with having to put him in full-time day care. M.F. Chapman [the subject of "Work in Progress," June] created a great solution with Cubes & Crayons! I would love to have a place like that where I could be with my son and get

work done. It would eliminate the guilt I feel on both sides—not doing my job to my fullest potential and leaving my child in day care. I hope they'll open up something similar in Denver! —Gina Gilmore, Parker, CO

Sun smarts

Your June article on skin cancer ["Stay Safe In (and Out Of) the Sun"] was very enlightening. I've read about skin cancer before, but I always imagined suspicious spots would be dark-colored—and this article proved otherwise. I noticed a spot near my neck, but since it was so light, I didn't think much of it. Then I read how basal cell carcinoma can be pearly or translucent, and I made an appointment with a dermatologist. He confirmed my suspicions and performed a biopsy. I'm awaiting results, but with peace of mind! Thanks for the info. —Valerie Faircloth, Tampa, FL

Thanks, from America's Hottest Husband!

We wanted to thank REDBOOK and everyone who worked on the Hottest Husband story ["You Voted Him America's Hottest Husband," June]. We had a blast! Every Memorial Day, Ray paints a boulder in our hometown called the Freedom Rock, and this year the turnout was amazing! People visited because they read REDBOOK and had to meet America's hottest husband. They brought their magazines and had us sign them—too fun! —Ray Sorensen, 2010 winner, and wife Maria

Web chatter: We ♥ Chris O'Donnell

Chris O'Donnell's piercing blue eyes have made countless women weak-kneed since his *Circle of Friends* days, but it's his family-guy ways that got you talking!

"I always thought Chris O'Donnell seemed like a down-to-earth guy, and your article confirmed it. So good to see a couple making a real marriage and a real life, even in the midst of Hollywood. Hats off to both of them!" —Karen Gerstenberger, via Facebook

"I love him on *NCIS: LA*. He's a great guy with a beautiful family!" —Renee Flynn, via Facebook

"Great article! So glad to see him get the credit he's deserved all these years. Good guys can finish first after all." —firewife824, via redbookmag.com

Tell us what you're thinking!

Email redbook@hearthst.com, or write to us at: REDBOOK Mail, 300 W. 57th St., New York, NY 10019. Letters may be edited for clarity and length.

REVLON
SUPER
LUSTROUS™
Lipstick

LiquiSilk™ formula uses the power of mega-moisturizers to seal in color and softness. In a wide range of shades.

REVLON®

Halle Berry is wearing Revlon Super Lustrous™ Lipstick in *Just Enough Buff*.
Find your shade at revlon.com



take note

FEEL THE SMOOTHNESS™!

BIC® Ball Pens

NOW FEATURING THE
EASY-GLIDE SYSTEM®

Up To 35% SMOOTHER WRITING

Compared To Current BIC® Ball Pen
Ink Systems



Look For This
Logo On Your
Favorite BIC®
Ball Pens



More for your money

©2010 BIC USA Inc., Shelton, CT 06484

REDBOOK

love your life

Editor-in-Chief Jill Herzig

EXECUTIVE EDITOR Alison Brower **CREATIVE DIRECTOR** Holland Utley

MANAGING EDITOR Kim Cheney

DEPUTY EXECUTIVE EDITOR Melanie Mannarino

SPECIAL PROJECTS DIRECTOR Lori Berger

DIRECTOR, REDBOOK ONLINE Lili Zarghami

DEPUTY EDITOR, FEATURES Andrea Bauman Gordon

FASHION DIRECTOR Audrey Slater

BEAUTY DIRECTOR Cheryl Kramer Kaye

HOME & LIFESTYLE EDITOR Krissy Tiglias

FOOD EDITOR Barbara Chernetz

HEALTH EDITOR Camille Chatterjee

ASSISTANT MANAGING EDITOR Megan Collins

SENIOR EDITORS Cari Wira Dineen, Holly Hays

BEAUTY EDITOR Krista Bennett DeMaio

ASSOCIATE FASHION EDITOR Cristina Desposito

ASSISTANT EDITORS Brittany Burke, Anna Davies,
Lindsey Palmer, Nicole Yorio

Art

ART DIRECTOR Cara Reynoso

DIGITAL IMAGING SPECIALIST Ralph Ruggiero

DEPUTY ART DIRECTOR Sarasvati Muñoz

ASSISTANT ART DIRECTOR Danielle White

Photography

PHOTO DIRECTOR Bruce Perez

PHOTO EDITOR Rosaliz Jimenez

ASSISTANT PHOTO EDITOR Susan Sheeran

Research & Copy

SENIOR RESEARCH EDITOR Lauren Oster

ASSOCIATE RESEARCH EDITOR Cristina González

COPY EDITOR Laurel Leicht

Online

WEB EDITOR Briana Mowrey

ASSOCIATE WEB EDITOR Kara Falchini Illig

CONTRIBUTING EDITORS

Laura Berman, Ph.D., Alice Bradley, Alice Domar, Ph.D.,
Laura Berman Fortgang, Jane Greer, Ph.D., Scott Haltzman, M.D.,
Hilda Hutcherson, M.D., Karen Karbo, Ian Kerner, Ph.D.,
Beth Kobliner, Lisa Lillien, Julie Morgenstern,
Lou Paget, Tina Tessina, Ph.D., Aaron Traister, Michele Weiner-Davis

For customer service regarding your subscription—
such as renewals, address changes, and account status—
go to service.redbookmag.com or write to
REDBOOK, P.O. Box 6000, Harlan, IA 51593.

MORE COLORS MEAN MORE INSPIRATION



MORE FOR YOUR MONEY

- BIC Mark-It™ Permanent Markers can go without a cap for 2 weeks and not dry out*
- Ultra comfortable rubber grip
- BIC has 36 colors available in fine and ultra fine

*When cap is left off for two weeks on fine/ultra fine point classic colors: Black, Blue, Red and Green. ©2010 BIC USA Inc., Shelton, CT 06484.

*Pick a panty,
any panty.*



Always Flexi-Style Liners have
flexible wrap-around edges
thin enough to fit any panty style.

So now those granny panties
can get lost in the shuffle.



©2010 P&G

REDBOOK

loveyourlife

Vice President, Publisher Mary E. Morgan

ASSOCIATE PUBLISHER Chris McLoughlin

GENERAL MANAGER Elyssa H. Rubin

VICE PRESIDENT, GROUP CONSUMER MARKETING DIRECTOR Rick Day
EXECUTIVE DIRECTOR, BRAND STRATEGY & DEVELOPMENT Robyn Mait Levine

EXECUTIVE MARKETING DIRECTOR Amy Andrews

ADVERTISING SERVICES MANAGER Melissa Gart

Advertising Sales

NEW YORK (300 W. 57th St., New York, NY 10019; 212-649-3330)

NEW YORK DIRECTOR Andrew Weicker

ACCOUNT DIRECTORS Jackie Bodner, Katie Bohan, Amy Smith

DIRECTOR, DIRECT RESPONSE Christine Hall

SENIOR ACCOUNT MANAGER, DIRECT RESPONSE Michael Rohr

EXECUTIVE ASSISTANT Kerrienne Sullivan

INTEGRATION ASSOCIATE Harris Kratka

BRANCH OFFICES

MIDWEST DIRECTOR Katie Demetriou

MIDWEST ACCOUNT DIRECTORS Jennifer Furibondo, Laura Serge

INTEGRATION ASSOCIATE Heather Muth

(1 S. Wacker Drive, Chicago, IL 60606; 312-984-5180)

WESTERN DIRECTOR Erika Muhlfield

INTEGRATION ASSOCIATE Ashley Andrews

(3000 Ocean Park Blvd., Santa Monica, CA 90405; 310-664-2960)

NORTHWEST REPRESENTATIVE Courtney Roberts

(921 Butterfield Road, San Anselmo, CA 94960; 415-524-8665)

DETROIT REPRESENTATIVES Colleen Maiorana, Joan Cullen

(418 W. 5th St., Suite C, Royal Oak, MI 48067; 248-546-2222)

SOUTHEAST REPRESENTATIVE Sarah Wiley

(3340 Peachtree Road, Tower 100, Suite 1550, Atlanta, GA 30326; 404-256-3800)

SOUTHWEST REPRESENTATIVE Lucinda Weikel

(4217 Camden Ave., Dallas, TX 75206; 214-824-9008)

Creative Services

ART DIRECTOR Amy Dorf

SENIOR PROMOTION DIRECTOR Alison Friedman

MARKETING MANAGER Candie L. Patterson

SENIOR PROMOTION MANAGER Lisa M. Iommarini

PROMOTION MANAGERS Morgan Brooks, Joanne Ko

INTEGRATION ASSOCIATE Lauren Williams

Production

GROUP PRODUCTION DIRECTOR Karen Otto

GROUP PRODUCTION MANAGER Chris Hertwig

ASSOCIATE PRODUCTION MANAGER Tina S. Wilkinson

Research

RESEARCH MANAGER Tina Giberti

Published by Hearst Communications, Inc., a unit of the Hearst Corporation

VICE CHAIRMAN AND CHIEF EXECUTIVE OFFICER Frank A. Bennack Jr.

CHAIRMAN George R. Hearst Jr.

Hearst Magazines Division

PRESIDENT Cathleen P. Black

EXECUTIVE VICE PRESIDENT, CHIEF MARKETING OFFICER, PUBLISHING DIRECTOR Michael Clinton

EXECUTIVE VICE PRESIDENT AND GENERAL MANAGER John P. Loughlin

EDITORIAL DIRECTOR Ellen Levine

PUBLISHING CONSULTANTS Gilbert C. Maurer, Mark F. Miller



Bends with you. Twists with you. Rolls with you. Always Infinity does. With its amazingly absorbent, unbelievably flexible core, it adapts more, absorbs more and bounces back more than those other pads.* Just like magic. Have a happy period.

*Versus the leading and the next leading regular Ultra. ©2010 P&G



softshades 2010

PINK

IT'S A
GIRL!

And she adores
this baby pink.

PINK
A-DOODLE
Oodles of shimmery
pale pink.

I THINK IN
PINK

And I think I love
this pop of pink!

ISN'T THAT
PRECIOUS?

A precociously
pretty light pink.



Pink-a-Doodle

I Think in Pink

It's a Girl!

Isn't that Precious?

Perfectly innocent. Innocently provocative.

O.P.I.

Try it on at opi.com

Available at
Professional Salons,
including select Beauty Brands,
Chatters, Trade Secret,
and ULTA locations.

Model is wearing **I THINK IN PINK** on nails.

Contains no DBP, Toluene, or Formaldehyde.

Features OPI's exclusive ProWide™ Brush (Patent Pending).

©2010 OPI Products Inc. Call 800.341.9999

Just In Time

How to make the most of every moment

SPEED DIAL

The Real Housewives of New Jersey's Danielle Staub is an expert at rumors. She's had her fair share spread about her (some even confirmed): Was she arrested for kidnapping? Was she a prostitute? Did she change her name? So we asked her to share the quick tricks she's got up her sleeve to handle the chatter.

REDBOOK What's your personal strategy for dealing with rumors?

DANIELLE STAUB People want to paint a picture, so give them all the colors. If you did it, own it.

RB What is your advice for someone dealing with controversy or rumors in her own life?

DS The best way to defuse it is by simply saying nothing. Because there's going to be a rebuttal to your rebuttal, and then you'll have to give a rebuttal to their rebuttal of your rebuttal. It just keeps going. But if you don't feed it, then it just goes away.



IT'S 5 P.M.: TIME TO ASK FOR A RAISE

At the end of the day, your boss actually has time to listen and won't be rushed, and many supervisors say they're in the best mood when they're getting ready to go home. Also, elevated body temp in the late afternoon makes you more alert, which should help you make your case.



CHANGE THE WORLD IN A MOMENT

■ **Lash out at cancer.** Buy Josie Maran's GOGO (Get One Give One) Natural Volume Argan Mascara, \$22 at sephora.com, and the model's makeup company will donate one mascara to a City of Hope cancer patient or survivor. After 5,000 mascaras are donated, the brand will donate \$1 from each sale to the organization for research, treatment, and education about women's cancers.

■ **Shop—or window shop—for a cause.** Download the CauseWorld app (at causeworld.com) to your iPhone or Android and start earning "karmas" by virtually checking in at select stores you visit. (Your phone will locate stores near you via your GPS.) Redeem your karma for donations (funded by corporate sponsors) to charitable organizations such as Autism Speaks and the Red Cross.

■ **Drink wine, help prevent breast cancer.** No, we're not talking about polyphenols. Jerry Lohr, founder of J. Lohr Vineyards & Wines (at jlohr.com), lost his wife, Carol, to breast cancer. Now, in partnership with the National Breast Cancer Foundation, the winery's giving \$2 from every bottle sold of 2005 Carol's Vineyard cabernet sauvignon to fund 500 mammograms for in-need women.





YOUR TIME IS UP THE CELEBRITY SEX TAPE

So many celebrities have one, and yet they all act shocked and hurt when it leaks. **Note to celebs:** If you let someone film you doing the deed, it's going to come out. Latest victim Kendra Wilkinson is reportedly "heart-broken" about the release of her tape. Yet it seems Kendra will be crying all the way to the bank—she's said to be making \$680,000 off the deal, plus a percentage of the profits.

READER'S TIME- SAVING TIP



"When sitting in traffic I wipe down my car interior with baby wipes."

CHRISTINE JERRY, RACINE, WI



TIME SHAVERS HOUSE CLEANING

■ Arm yourself with white vinegar, disinfecting wipes, and microfiber cloths, says Julie Edelman, author of *The Accidental Housewife*. Vinegar diluted in water is a natural cleaner for glass, porcelain, linoleum, non-porous countertops, and bathroom floors. Use the disinfecting wipes for bacteria-infested places and microfiber cloths for dusting. No more searching for that bottle of bleach!

TIME SHAVED 00:10

■ Get some relief from Alka-Seltzer. Fill your kitchen sink with water and drop in two of the antacid tablets; drop two more in toilets throughout your home. Let them fizz for 15 minutes while you tackle other areas. The bubbles remove grit, so all you'll have to do is drain or flush—no scrubbing required.

TIME SHAVED 00:10

■ Focus your energy on high-traffic rooms. Stick to the kitchen, main bathroom, and family room. Other rooms that don't see as much activity don't need to be cleaned every week.

TIME SHAVED 00:30

■ Delegate: Divide chores among your children, assigning them tasks such as folding laundry or vacuuming the living room. They'll be eager to help—especially if you promise you'll take them out for ice cream as a reward when they're done.

TIME SHAVED 00:20

■ Do a little daily. Spend 10 minutes every day wiping down surfaces or sorting through mail when you're on the phone so you'll have less of a mess for the weekend's big cleanup.

TIME SHAVED 00:20

TOTAL TIME SHAVED: 1:30

SHAPE-UP SHORTCUT RELIEVE BACK PAIN

Yoga Tune Up, created by Los Angeles trainer Jill Miller, combines traditional yoga moves with poses that ease strained muscles. This stretch unlocks kinks in the lower back by lengthening the muscles there.

1 Lie on your left side and extend your right leg across your body until your right foot touches the floor. Hold on to your right foot with your left hand. (If you can't reach, wrap a towel or exercise band around the bottom of your foot and hold the ends.)

2 Extend your right arm out to your right side, twisting your torso toward the right to achieve a deep spinal twist.

3 Breathe deeply for eight breaths; switch sides.





Fortifies hair by outside in! ©2011 G. Garnier, L.P.

HerbaShine™

NEW

COLOR CREME WITH BAMBOO EXTRACT

Emily shines in shade 800 • Medium Natural Blonde

BRILLIANT COLOR THAT DEFIES DAMAGE



A BAMBOO BREAKTHROUGH

HerbaShine fortifies hair to fight damage.*

Radiant, shiny color. Not a gray in sight.

Lasts 28 shampoos.

AMMONIA FREE

FORTIFIED COLOR. CERTIFIED BRILLIANT.

Take care.
GARNIER
www.herbashine.com

HIGH-SHINE SKIRTS

These sparklers aren't only for going out. Follow our instructions to put together pretty daytime outfits too.



SJP and Joy Bryant rock daytime sparkle.

STEP 1

Find the shape that flatters your body: A skirt with volume emphasizes a small waist (and won't pull across your hips); a short skirt highlights great legs; a knee-length pencil style works on everyone. Studded pencil skirt, White House Black Market, \$98. Spicy Sequins pencil skirt, French Connection, \$198. Studded Waistband skirt, Boston Proper, \$98.

Perennial cardigan, Charlotte Tarantola, \$100. Shirt Bodysuit, Boston Proper, \$69. Star skirt, WD-NY, \$98. Quittin Time heels, Luichiny, \$110. Beacon Hill Snake Embossed clutch, Talbots, \$125.



STEP 2

Cover up with a boyfriend blazer, denim jacket, or cardigan. A flashy bottom piece calls for something slightly more conservative on top. Denim jacket, Divine Rights of Denim, \$78. Boyfriend blazer, The Limited, \$128. Ruffle blouse, Lulu's, \$34.

STEP 3

Keep accessories simple; the skirt is blingy enough. Choose just one piece of jewelry—a cocktail ring is always great—and go with a neutral bag and shoes. Pearl and Crystal Flower casting ring, Ann Taylor, \$48.





The result of trusting our counter intuition.

It's counterintuitive to think that a full-size luxury SUV could drive like a sports sedan. Yet that's exactly how the revolutionary suspension system in the all-new Infiniti QX feels. You wouldn't expect an engine that generates 25% more power to use 14% less fuel.* But that's what VVEL technology does. Convention says it's difficult to see while parking a full-size SUV. Yet with the world's first Around View™ Monitor,** the QX gives you a virtual 360-degree, bird's-eye view of your surroundings. This is inspired performance. This is the way of Infiniti.



Learn more at InfinitiUSA.com.

*Compared against prior generation V8 engine. **The available Around View™ Monitor is a parking aid and cannot completely eliminate blind spots or warn of moving objects. Always check your surroundings before moving the vehicle. Always wear your seat belt, and please don't drink and drive. ©2010 INFINITI.



INFINITI.

Inspired Performance™

COOL ORGANIZING IDEA!

TOOLS YOU'LL NEED



Containers (Chalkboard paint works well on metal, plastic, and cardboard.)



Tape measure



Painter's tape



Paintbrushes (We used 1-inch and 2 3/4-inch.)

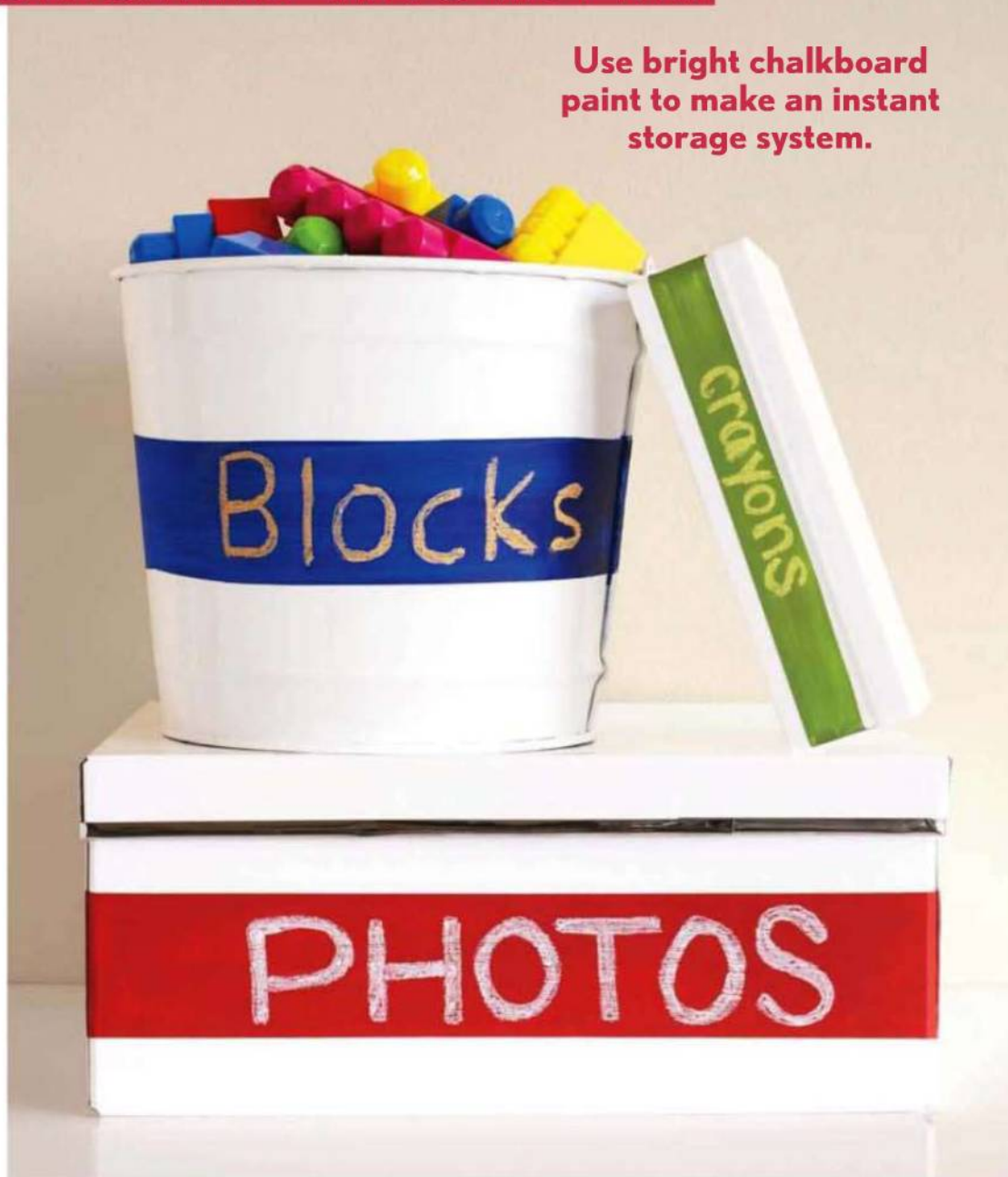


Rust-Oleum tinctable chalkboard paint, \$11.60 per quart, homedepot.com (Can be tinted 12 colors.)



Chalk

Use bright chalkboard paint to make an instant storage system.



HOW-TO'S



STEP 1 Measure container from top to bottom to find the center, then add an inch or two above and below to mark off a wide band. (The stripe on this bucket is four inches wide.)



STEP 2 Mark off the area to be painted with painter's tape. This will help you create an even band of color around the container.



STEP 3 Apply the first coat of paint in one direction for a smooth finish. Let dry for about three hours. Apply a second coat if you want a deeper shade. Once dry, label (and relabel!) containers with chalk.



YOUR FRIZZ REVOLUTION STARTS NOW.

NEW FRIZZ-EASE® SMOOTH START®

THE ONLY SHAMPOO AND CONDITIONER WITH FRIZZ MENDING COMPLEX
...IT TRANSFORMS FRIZZ BY REPAIRING IT, RESTORING HAIR'S NATURAL
DEFENSE AGAINST FRIZZ. FOR 100% FLAWLESS, FRIZZ-FREE STYLE.*



JOHN FRIEDA®
LONDON PARIS NEW YORK

© 2010 Kao Brands Company

* Frizz-Ease® Shampoo, Conditioner, and Frizz-Ease® Hair Serum

JOHNFRIEDA.COM

15-MINUTE DINNERS



2 Tbsp each white balsamic vinegar and extra virgin olive oil



1 tsp minced garlic



1 1/2 lb mixed heirloom or regular tomatoes, cut into thin wedges



1/2 cup torn fresh basil leaves



1/4 cup diced red onion



2 Tbsp capers



Start with 4 (6-oz) skinless salmon fillets, then add the ingredients to the left or right—and sit down to dinner 15 minutes later!

RECIPES

GRILLED SALMON WITH HEIRLOOM TOMATOES

1. Whisk vinegar, oil, and garlic in a large bowl until blended. Gently stir in tomatoes, basil, onions, capers, and kosher salt and pepper to taste.

2. Brush salmon with more extra virgin olive oil; sprinkle with kosher salt and pepper. Cook salmon (fillets should be about 1 inch thick) on a grill or in a grill pan over medium heat for 4 to 5 minutes per side for medium doneness.

3. Spoon tomato salad onto plates and top with grilled salmon.

Makes 4 servings.



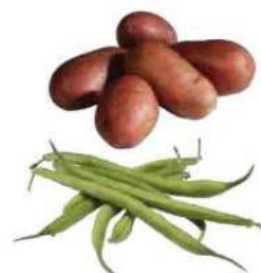
SALMON NIÇOISE SALAD

1. In a large saucepan, cover potatoes in lightly salted water; bring to a boil. Reduce heat to medium-low; simmer 8 minutes. Add green beans; simmer 4 to 5 minutes, until potatoes and beans are tender. Drain in a colander and rinse under cold water.

2. Arrange potatoes, green beans, lettuce, eggs, tomatoes, onions, and olives on large individual plates.

3. Brush salmon with canola oil; season with kosher salt and pepper. Cook 1-inch-thick salmon fillets on a grill or in a grill pan over medium heat for 4 to 5 minutes per side for medium doneness. Add salmon to salad plates. Serve with lemons and any Dijon vinaigrette dressing.

Makes 4 servings.



3/4 lb each baby red potatoes (halved) and green beans



8 Boston lettuce leaves



3 hard-cooked eggs, peeled, cut into wedges



1/2 lb large cherry tomatoes, halved



1 small red onion, very thinly sliced



1/2 cup niçoise olives



TRY the
wherever-you-want-it
frappuccino[®]
coffee drink



Mocha

Frappuccino[®]

Coffee Drink

A lowfat, creamy blend of
Starbucks[®] coffee and milk.



Express your Loooooooooove!

Visit frappuccino.com/expressyourlove.

EASIER, BETTER, FASTER

This month's good-to-know news for your home, your wallet, and your sanity.

Get a full kid's wardrobe for about \$13

Get ready for it: By age 17, the average child will outgrow more than 1,300 pieces of clothing, which cost what amounts to \$20,000. To avoid that waste, go to thredup.com, a site that lets parents exchange boxes of good-as-new clothes that no longer fit their kids for hand-me-downs from like-minded families.

The site arranges home pickup and delivery; all you pay is shipping, which averages about \$13 per box.



Learn to speak mechanic

Feeling anxious that the car mechanic is ripping you off, because—let's face it—you don't know any better? Smarten up at driverside.com. The site offers information about what typical repairs should cost in your area, video tutorials on how to check engine fluids or change your car's oil yourself, and mechanics who are ready to answer all your car questions—no matter how amateur.

Come on—you deserve this!

Think spending \$5 on a smoothie is a waste? Whip up one at home for less than \$2 a serving. Jamba Juice now sells make-your-own kits of favorite blends (including Mango-a-go-go, Razmatazz, and Strawberries Wild) in the frozen aisle at grocery stores. Even sweeter: Each serving contains your daily dose of vitamin C and sets you back only 120 calories.



TAP INTO AMERICA'S BEST FOOD

Now there's a place where you can get Wisconsin cheddar, Texas honey, Alaskan halibut, and other regional favorites shipped directly to your home. At regionalbest.com, shoppers can buy direct from artisans, farmers, ranchers, cheese makers, and bakers across the country—so no matter where you live, you can get a taste of U.S.A.'s finest.

Bike with baby more safely and easily

When you bring baby on your bike ride, which muscle gets the most action: your legs from pedaling, or your neck from turning around to make sure she's okay? Keep your head on straight with WeeRide (weeride.com). The carrier attaches in front of you, so you can keep an eye on the road and on your little one.

Talk about sweet charity!

You know you'll be going for ice cream this month, so make it August 5: As part of Miracle Treat Day, Dairy Queen will donate \$1 from every Blizzard sold to Children's Miracle Network, which raises funds for children's hospitals.

ZIP THROUGH AIRPORT SECURITY

Get all your lotions, shampoos, and other travel-challenged liquids through the security checkpoint—without worrying that the guard will make you toss it all. 3floz.com sells mini editions of your favorite brands of toiletries in TSA-friendly sizes. Flight leaves tomorrow? Don't sweat it: They'll waive overnight shipping fees and charge you only the standard ground cost if you leave within three days.

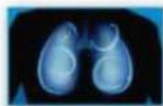
Get a truly psychic weather report

Ever find yourself lugging around your jacket on a warm day, or wishing you had brought one on a cool night? The people at doineedajacket.com have been there—and now they want to solve your cover-up conundrum. Simply enter your zip code on the site and they'll give you a no-nonsense yes or no—so you'll know what you need before you walk out the door.



My asthma... under control with the help of **SYMBICORT**.

When my symptoms came back, my doctor and I chose SYMBICORT to help improve my lung function.



SYMBICORT helps me breathe better all day, starting within 15 minutes.* It won't replace a rescue inhaler for sudden symptoms. Unlike most controller medicines, SYMBICORT combines two medicines to help control inflammation and constriction.

* Your results may vary.

Ask your doctor if SYMBICORT is a good choice for you.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta₂-agonist (LABA). Medicines containing LABAs may increase the chance of asthma-related death. So, SYMBICORT should be used only if your health care professional decides another asthma-controller medicine alone does not control your asthma or you need two controller medicines.

While taking SYMBICORT, never use another medicine containing a LABA.

SYMBICORT won't replace rescue inhalers for sudden asthma symptoms. Do not use SYMBICORT more than twice a day. If you are taking SYMBICORT, see your health care professional if your asthma does not improve or gets worse.

Some people may experience increased blood pressure, heart rate, or change in heart rhythm. Tell your doctor if you have a heart condition or high blood pressure. If you are switching to SYMBICORT from an oral corticosteroid, follow your doctor's instructions to avoid health risks when you stop using oral corticosteroids.

Avoid exposure to infections such as chicken pox or measles. Tell your health care professional immediately if you are exposed.

In clinical studies, common side effects included nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, and stomach discomfort.

Approved Uses for SYMBICORT for Asthma

Prescription SYMBICORT is a controller medicine for the long-term maintenance treatment of asthma. SYMBICORT is for people 12 years and older whose doctor has decided are not well controlled on another asthma-controller medicine or who need two asthma-controller medicines. SYMBICORT is not for the treatment of sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



**FREE
PRESCRIPTION OFFER***

And even more savings for up to a year.* Call 1-888-312-0792 or visit MySymbicort.com/save.

* Subject to eligibility rules. Restrictions apply.

**For more information, call 1-888-312-0792
or go to MySymbicort.com/save.**

*If you're without prescription coverage and can't afford
your medication, AstraZeneca may be able to help.
For more information, please visit www.astrazeneca-us.com.*

Symbicort[®]
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca 

IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care professional. Only your health care professional has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

In patients with asthma, long-acting beta₂-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), may increase the chance of death from asthma problems. In a large asthma study, more patients who used another LABA medicine died from asthma problems, compared with patients who did not use that LABA medicine. Talk with your health care professional about this risk and the benefits of treating your asthma with SYMBICORT.

SYMBICORT does not relieve sudden symptoms, so you should always have a fast-acting inhaler (short-acting beta₂-agonist medicine) with you. If you do not have this type of inhaler, talk with your health care professional to have one prescribed for you.

Get emergency medical care if your breathing problems worsen quickly and your fast-acting inhaler does not relieve them.

Do not stop using SYMBICORT unless your health care professional tells you to stop because your symptoms might get worse.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine taken twice a day, every day, over long periods of time to control asthma and chronic obstructive pulmonary disease (COPD).

Asthma

SYMBICORT 80/4.5 mcg or 160/4.5 mcg is used long-term, two times each day, to control symptoms of asthma and prevent symptoms such as wheezing in patients age 12 years and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used every day, two times each day, to help improve lung function for better breathing in adults with COPD.

SYMBICORT contains two medicines:

- Budesonide (the same medicine found in PULMICORT FLEXHALER™ [budesonide inhalation powder]), an inhaled corticosteroid medicine, or ICS. ICS medicines help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®) is a long-acting beta₂-agonist medicine, or LABA. LABA medicines are used in patients with COPD and asthma. LABA medicines help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

WHO SHOULD NOT TAKE SYMBICORT?

You should not take SYMBICORT if your health care professional decides that your asthma or COPD is well controlled using another medicine, or you only use a fast-acting inhaler once in a while.

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE USING SYMBICORT?

Tell your health care professional about all of your health conditions, including if you

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are allergic to any medications
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant because it is not known if SYMBICORT may harm your unborn baby
- are breast-feeding because it is not known if SYMBICORT passes into your milk and if it can harm your baby. You and your health care professional should decide if you will be taking SYMBICORT while breast-feeding

Tell your health care professional about ALL the medicines you are taking, including all your prescription and nonprescription medicines, vitamins, and herbal supplements.

SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Be sure to keep track of ALL the medication you take. You might want to make a list and show it to your health care professional, including your pharmacist, each time you get any new medicine, just to be sure there are no potential drug interactions.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care professional has carefully demonstrated how to do so. If you have any questions concerning the use of SYMBICORT, ask your health care professional. SYMBICORT should be taken twice (2 puffs each time) every day as prescribed by your health care professional.

SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care professional will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- Make sure that you rinse your mouth with water after each dose (two puffs) of SYMBICORT without swallowing and spit the water out
- Do not change or stop any of the medicines you use to control or treat your breathing problems. Your health care professional will adjust your medicines as needed
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care professional
- Always have a fast-acting inhaler with you. Use it if you have breathing problems between doses of SYMBICORT

Seek emergency medical care if

- your breathing problems worsen quickly and your fast-acting inhaler does not relieve your breathing problems
- you experience any symptoms of a serious allergic reaction to SYMBICORT, such as a rash; hives; swelling of the face, mouth, or tongue; or breathing problems

Contact your health care professional if

- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use four or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use up your entire fast-acting inhaler canister within 8 weeks
- your peak-flow meter results decrease. Your health care professional will tell you the numbers that are right for you
- your asthma symptoms do not improve after using SYMBICORT regularly for 1 week
- you have COPD and notice any symptoms such as increase in mucus or change in mucus color, fever, chills, increased cough, or increased breathing problems because these symptoms may mean you have pneumonia or another lung infection

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason, such as

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil® Aerolizer®, Brovana®, or Performerist®

WHAT ARE OTHER IMPORTANT SAFETY CONSIDERATIONS WITH SYMBICORT?

- Increased risk of pneumonia if you have COPD
- Eye problems, such as glaucoma and cataracts. Regular eye exams should be considered while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Immune system effects and a higher chance for infections
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness

WHAT ARE OTHER POSSIBLE SIDE EFFECTS WITH SYMBICORT?

Adults and children age 12 years and older with asthma

- Headache
- Sore throat
- Oral thrush
- Upper respiratory tract infection

Patients with COPD

- Oral thrush

Long-acting beta₂-agonists may increase the risk of asthma-related death. Tell your health care professional about any side effect that bothers you or that does not go away. These are not all the side effects with SYMBICORT. Ask your health care professional for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care professional about the full Prescribing Information and discuss it with him or her.

SYMBICORT is a registered trademark of the AstraZeneca group of companies. Other brands mentioned are trademarks of their respective owners and are not trademarks of the AstraZeneca group of companies. The makers of these brands are not affiliated with and do not endorse AstraZeneca or its products.

© 2009 AstraZeneca LP. All rights reserved.
Manufactured for: AstraZeneca LP Wilmington, DE 19850
By: AstraZeneca AB, Dunkerque, France Product of France
Rev 9/09 288055

Visit www.MySymbicort.com.

Or, call 1-866-SYMBICORT



AstraZeneca

GODDESS OF UNCONDITIONAL LOVE

NEW *Embrace* DISPOSABLES

The only disposable razor with 5 blades
completely surrounded by a ribbon of moisture.
It's our closest shave* for your
closest moments.



Venus®

REVEAL THE GODDESS IN *You*™

*among our disposable razors. © 2010 The Gillette Company.

Buy Now Online at
buyembracedisposables.com

You'll glow when you see the price, too.

Jergens®
Natural Glow
Revitalizing Daily Moisturizer
\$7.94



Jergens®
Natural Glow
Foaming Daily Moisturizer
\$7.94

Jergens® Natural Glow
Healthy Complexion
Daily Facial Moisturizer
\$7.94



Head to Walmart for unbeatable prices*
on thousands of summer beauty products.
You'll find lots of great Rollbacks, too.

Go to Walmart.com/beauty to check out the savings.

Walmart 
Save money. Live better.

*Our stores will match the price of any local competitor's printed ad for an identical product. Not applicable to Walmart.com. Restrictions apply. See store for details.
The "Spark" Design , Walmart and Save money. Live better. are marks and/or registered marks of Wal-Mart Stores, Inc. © 2010 Wal-Mart Stores, Inc.

Style Scoop

Irresistible ideas for looking great

Trend Flash Best summer look ever!

The nautical thing—striped top, casual extras—worked for Audrey Hepburn then, and it'll work for you now.



The sailor tee: equally chic on Audrey in 1955 and on Catherine Zeta-Jones today.



Sharp stripes French Sailor striped top, L.L.Bean Signature, \$69; llbeansignature.com. **Easy denim** Bermuda shorts, Esprit, \$60; select Esprit stores, 877-ESPRIT8, esprit.com. **Metallic mocs** Authentic Originals, Sperry Top-Sider, \$85; sperrytopsider.com. **Bright scarf** Cotton square scarf, Lands' End, \$25; 800-800-5800, landsend.com. **Roomy carryall** Canvas tote with rope handles, Buji Baja, \$75; Trees, Cedarhurst, NY, 516-569-2620. **Sailor-ish belt** Sailor Buckle Weave belt, Lands' End Canvas, \$40; 877-877-1963, landsendcanvas.com.

Now Wear This

How to dress for

What's the style solution when it's not hot anymore but not chilly, either? Summer clothes you love mixed with a few fall finds to make all-new, so-fun outfits.

Fashion Editor:
Cristina Desposito

1 Wiley blouse, BB Dakota, \$80; shopbop.com. Straight-leg jeans, Levi's, \$60; levi.com. Multistrap wedge sandals, Newport News, \$39; newport-news.com. Wide studded belt, \$25, and multicolored bag, \$24, both Lulu's; lulus.com. Large Pave Pyramid stretch bracelet, Ann Taylor, \$68; annaylor.com.

2 Layered Chiffon Cabaret Tunic, Jodi Arnold for The Limited, \$70; thelimited.com. Flannel Wide Leg trousers, Talbots, \$129; 800-TALBOTS, talbots.com. Military Peep-toe booties, Ann Taylor, \$228; annaylor.com. Chandelier earrings, \$14; shopthelook.net. Crystallized Flower bracelet, Martine Wester, \$296; martine.wester.com.

3 Sunday Floral dress, Loft, \$90; loftonline.com. Trench jacket, London Fog, \$100; londonfog.com. Snake platform pumps, Charles by Charles David, \$145; charlesdavid.com. Crystal drop earrings, Grayce by Molly Sims the Collection, \$95; graycebymollysims.com. Celest satchel, \$68; shopsueyboutique.com.

4 Flutter-sleeve top, Lulu's, \$27; lulus.com. Skinny cargo pants, Mossimo for Target, \$22; most Target stores, target.com. Broken Petals scarf, Bindya New York, \$100; Scoop stores, scoopnyc.com for store info. Silver Glitters, Toms, \$54; toms.com.

5 Cotton printed nonclosure cardigan, Victoria's Secret Catalogue, \$58; 800-888-8200, victoriasecret.com. Tube top sateen dress, Sisley, \$89; 800-535-4491 for store info. Orient pumps, Rocket Dog, \$50; macys.com. Bib Jeweled necklace, Simply Vera Vera Wang, \$98; kohls.com.



1 Slim white jeans and bright warm-weather wedges + a silky button-down in a neutral color

2 A shoulder-baring cami + tailored trousers and peep-toe booties

in-between seasons



3 A floaty floral dress
+ a crisp trench and dark
leather accessories



4 A girly top and
lightweight scarf
+ slim cargo pants



5 A strapless LBD
+ graphic cardigan and
notice-me necklace

UngUILTY pleasures

Satisfy your new-leather-jacket craving without the guilt: These chic little numbers are all faux!

A floaty scarf in a feminine print makes gray look suddenly bright.



Sequined footwear dresses up a rugged bomber.



Pair a biker-inspired jacket with a girly accessory and your fave jeans. You'll love the look now—and all through fall.

Clockwise from top left: Pleather Crinkle Motorcycle jacket, Britney for Candies, \$68; Kohl's, kohls.com. Isabella Plum shawl, Needham Lane, \$160; needhamlane.com. Bomber jacket, Shock, \$62; shockboutique.com. More Sequins flats, All Black, \$125; endless.com. Modern Zipper jacket, House of PlumRed, \$40; houseofplumred.com. Large chandelier earrings, Amrita Singh, \$50; qvc.com. Belted jacket, The Limited, \$128; thelimited.com. Chain and pearl necklaces, Afaze, \$10 each; afaze.com.

All net proceeds from these earrings benefit the Ovarian Cancer Research Fund!



Pearls and a belt at the waist femme up a motorcycle jacket.

Play off a casual jacket with glam earrings.



GARNIER FRUCTIS

SLEEK & SHINE

»»» **NOW WITH:**
INTENSE HEAT PROTECTION FOR
SMOOTHER, SLEEKER HAIR**



APRICOT MICRO-OIL
smoothes frizz



AVOCADO MICRO-OIL
nourishes and protects

micro-oil
heat protection

DEFY HEAT DAMAGE.
STAY 10X SMOOTHER.*



PROVEN TO PERFORM:
Stay sleek, even in 97% humidity:

Take care.
GARNIER
stay sleek @ garnier.com

*In a combing test and a frizz test, when using Garnier Fructis Sleek & Shine System of Shampoo, Conditioner and Anti-Frizz Serum, compared to a non-conditioning shampoo.
**When using Garnier Fructis Sleek & Shine System of Shampoo, Conditioner and Smoothing Milk. ©2010 Garnier LLC.

In Season

Bags with bling

Studs! Gems! Chains!
These purses are like great jewelry (only a lot cheaper!).



- 1 Pipette Mini Drawstring, Deux Lux, \$93; shop2lux.com.
- 2 Studded Box clutch, White House Black Market, \$48; 877-948-2525, whitehouseblackmarket.com.
- 3 Natalie clutch, \$38; shopsueyboutique.com.
- 4 Life of the Party bag, Olivia+Joy, \$58; Macy's.
- 5 Punky Flap Chain Handle bag, Simply Vera Vera Wang, \$99; Kohl's, kohls.com.
- 6 Studded wallet, Xhilaration, \$13; Target, target.com.

PHOTOGRAPHED BY DAVID LEWIS TAYLOR/STUDIO D.
STYLIST: STELLA REY FOR MARK EDWARD INC.

BEAUTIFUL CLEAN SKIN.
MORNING AND NIGHT.

POND'S®

TRUST IN A CLASSIC

New morning and evening towelettes. Simple, effective skin cleansing that works. That's our promise to you and generations of beautiful women.

SIMPLY BEAUTIFUL SKIN SINCE 1846





Gwyneth Paltrow and Olivia Wilde go easy with this ponytail.

Gabrielle Union turns it up a notch with sexy cat-eye liner.

RED CARPET to REDBOOK!

The super high pony

How to make this Hollywood look work in the real world. By Krista Bennett DeMaio

The high ponytail is playful and sexy, says celebrity stylist Ted Gibson. Bonus: Pulling your hair way up makes you look younger. Hey, we'll take it!

Make it easy: Work a texturizing lotion from roots to ends to give hair a little oomph; **Gibson's Tame It Shine Lotion, \$20**, can be applied to dry hair. (If you have straight hair, like Gwyneth Paltrow, giving it a little texture all over will also help soften the look, Gibson adds.) Using a brush, gather hair at the crown of the head and anchor with an elastic. (If you have waves, like Olivia Wilde, Gibson suggests first straightening them at the scalp so you get a smoother front section.) To dress up this style, hide the ponytail holder with your hair: Grab a three-inch section of hair from the underside of the pony, wrap it around the elastic, and pin it on the underside to secure.

Make it sexy: Go slick at the hairline and add a flirty cat-eye liner (like Gabrielle Union) to give this look a retro, '60s vibe. To get really sleek, spritz a detailing brush, like the one at right from **Rsession Tools, \$14** (a toothbrush will work too!), with hairspray and gently smooth flyways around the hairline. For perfect eyeliner application, use a waterproof (a.k.a. smudge-proof) felt-tipped liquid liner, such as **Wet N Wild H2O Proof liquid liner in black, \$3**. Start in the center of your lash line and drag the liner to the outer corner, making a thick line that thins as you go, then slightly extend the line up and out past your lashes. Go back and finish the line from the middle to the inner corner, tapering it as you go.



Make it stop!

Avoid Kaley Cuoco's top-of-the-head split pony, which shouts perky cheerleader.

AMERICA'S FAVORITE MASCARA!

100's OF GREAT LOOKS.
1 GREAT LITTLE TUBE.



**NO WONDER ONE IS SOLD
EVERY 1.7 SECONDS!***

GO TO **FACEBOOK.COM/MAYBELLINE** NOW
TO GET EXCLUSIVE OFFERS & INFO LEADING UP
TO GREAT LASH'S 40TH BIRTHDAY IN 2011!

MAYBELLINE®

NEW YORK

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE®

*Based on FDMx unit sales for the 52-wk period ending 12/27/09 as reported by InfoScan Information Resources, Inc. plus other outlet POS sales. ©2010 Maybelline LLC.



Day 5 of
dirty hair,
I swear!

CHERYL CHECKS IT OUT: Dry shampoo

How long can REDBOOK's beauty director go without washing her hair (and without looking, you know, gross)? A lot longer than she thought! By Cheryl Kramer Kaye

Despite the fact that nearly every hair-care professional known to man says you shouldn't wash your hair every day, I still do. My curls get matted and my head gets itchy and I need to get in there and scrub my scalp. However, when I get my hair blown out straight, I want to make it last as long as possible. So I turn to dry shampoo: oil-, sweat-, and odor-absorbing sprays, powders, and mousses

that you brush through dry hair to stretch the time between wet washings. My friends use them for other reasons: to remove sweat after the gym (I'm allergic to exercise) or to help fluff up their fine hair (so not my issue!). There are a lot of new dry shampoos out there, so in separate experiments, I tried five to see how long I could go. Use this chart to find the one that'll work for you.

PRODUCT	 Oscar Blandi Pronto Invisible Volumizing Dry Shampoo Spray, \$23	 Rene Furterer Naturia Dry Shampoo, \$24	 Burt's Bees Baby Bee Dusting Powder, \$9	 Ojon Rub-Out Dry Cleansing Powder, \$24	 TRESemmé Fresh Start Waterless Foam Shampoo, \$5
DESCRIPTION	A starch-based clear spray (many sprays have a whitish cast that makes you look like you're going gray if you don't brush them through well) that you spray on your scalp and hair.	This root and hair spray has kaolin clay that, along with starches, absorbs scalp oil. It also contains essential oils of peppermint, caraway, and basil. 	Okay, it's not officially a dry shampoo, but it's what I typically use. With twin babies in the house, I always have some of this cornstarch-based powder on hand.	A combination of soapbark (a natural cleanser), clays, starches, and the brand's signature conditioning Ojon oil.	This mousse—created for curly hair—contains witch hazel to control oil. Squirt it into your hands, apply to your hair, and towel "dry." No brushing required.
DAYS WITHOUT WATER WASHING	4	5 	3	3	2-3
THE EXPERIENCE	 I tested this out under the toughest of conditions: a humid, sweaty week in Florida. And ahh, the cool shot of spray to the scalp felt so good! I found that the spray didn't so much add volume at the root as it did thicken all over, and after four happily blown-out days, I needed to wash my hair the old-fashioned way to make it manageable again.	I do believe there's magic inside this green bottle: This product somehow made my scalp completely itch-free while softening my hair and giving it shine. I think I could've gone longer than five days, but my deadline was approaching and I had to test out other products!	 I sprinkle it onto my fingertips, then massage it into my scalp. It absorbs oil well and makes my hair smell like my little boys, which I love. Alas, it also reduces my hair's natural shine.	 It's a finer texture than baby powder, so it disappears into the scalp, but maintaining shine with any powder is a bit of an issue. It has a nozzle that you can use to apply it, but I found my fingertip-massage technique to be more efficient. It smells yummy, kind of like Smarties.	Okay, this was a new concept to me: a dry shampoo to use on curly hair? Genius idea! But while it helped reshape my curls and made my hair smell great, I couldn't quite get the foam deep down to my scalp, and I was itchy by day two. I tried it again, this time using nine pumps (as opposed to the recommended two to three), and I got a third day, itch-free!

CHERYL: PHOTOGRAPHED BY SARRA FLEUR ABOU-EL-HAJ/STUDIO D. HAIR AND MAKEUP: INGEBORG FOR DIOR BEAUTY AT BA-REPS. PRODUCTS: PHOTOGRAPHED BY DEVON JARVIS/STUDIO D. BABIES: PHOTOGRAPHED BY CHRIS ECKERT/STUDIO D. FLAMINGO, BASIL: ISTOCKPHOTO.COM. SMARTIES: AFP/GETTY IMAGES.



**Wrap yourself in the
new Mango Mandarin
body wash that makes
Bath & Body Works^{*}
smell way overpriced.**

New Suave Naturals Mango Mandarin body wash is infused with
natural extracts for a fun fresh fragrance that women prefer^{*}.

Discover all our great scents at suave.com.

Rethink specialty store fragrances



Beauty List

9 amazing products to check out now.

LIKE A SPA FACIAL

...with no painful extractions. Get rid of blackheads with the clay-based Boscia Luminizing Black Mask (at left), \$34.

SUMMERY SOAP ON A ROPE

The classic gets a seaside twist with L'Occitane's ocean-scented Calanques Buoy soap, \$10.



SUN-DAMAGE REVERSAL

Twenty years of clinical study led to the development of Clinique Repairwear Laser Focus Wrinkle & UV Damage Corrector, \$45, but you should see improvement in fine lines in only 12 weeks.

ELEGANT EYE GLITTER

Urban Decay Stardust eyeshadow in Retrograde, \$20, is a pretty purple laced with tiny twinkly sparkles. Gorgeous!



LONG, STRONG LASHES

Définicils Precious Cells mascara, \$29, Lancôme's new conditioning and volumizing version of its most popular mascara, won't disappoint devotees.



SUN-KISSED KIT

Swirl all three shades of Avon Sunset Glow, \$10, together as a bronzer, then finish with an extra pop of pink on your cheeks.



A SWEET-SMELLING SHAVE

A scented razor handle is hardly a necessity, but Bic Soleil Bella Scented Shavers, \$6 for three, make shaving seem like less of a chore.



HI-GLAM GLOSSES

Lady Gaga and Cindy Lauper teamed up with MAC to create the Viva Glam Gaga (light blue-pink) and Viva Glam Cyndi (light coral red) shades of Lipglass, \$14 each, with all of the proceeds going to fight HIV/AIDS.



L' O R É A L[®]
PARIS

IS YOUR COLOR PROTECTED WITH
THE #1 SULFATE-FREE
COLOR CARE SYSTEM?

EVERPURE

SULFATE-FREE
COLOR CARE SYSTEM™

KEEPS COLOR PURE
FOR UP TO 32 SHAMPOOS.



*Based on [RI] (unit sales) data in US food, drug and mass market
retailers (excluding Walmart) during 1/1/09 - 5/16/10.

©2010 L'Oréal USA, Inc. lorealparis.com

Can I Help You?

Visit lorealparis.com and click on CAN I HELP YOU? for your personal consultation.

JOIN THE MILLIONS OF WOMEN



IMPORTANT SAFETY INFORMATION

BOTOX® Cosmetic may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX® Cosmetic:

- **Problems swallowing, speaking, or breathing**, due to weakening of associated muscles, can be severe and result in loss of life. You are at the highest risk if these problems are pre-existing before injection. Swallowing problems may last for several months.
- **Spread of toxin effects.** The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms including: loss of strength and all-over muscle weakness, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice (dysphonia), trouble saying words clearly (dysarthria), loss of bladder control, trouble breathing, trouble swallowing.

There has not been a confirmed serious case of spread of toxin effect when BOTOX® Cosmetic has been used at the recommended dose to treat frown lines.

The dose of BOTOX® Cosmetic is not the same as, or comparable to, another botulinum toxin product.

Serious and or immediate allergic reactions have been reported. These reactions include itchy rash, swelling, and shortness of breath. Tell your doctor or get medical help right away if you experience any such symptoms, further injection of BOTOX® Cosmetic should be discontinued.

Do not take BOTOX® Cosmetic if you: are allergic to any of the ingredients in BOTOX® Cosmetic (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as Myobloc® or Dysport®; have a skin infection at the planned injection site.



WHO SHARE ONE SPECIAL THING.



The real, noticeable results of **BOTOX® Cosmetic**.

Once you get it, you really get it. Why millions of women have experienced **BOTOX® Cosmetic**. Proven year after year. **BOTOX® Cosmetic** is a prescription medicine that is injected into muscles to temporarily treat moderate to severe frown lines between the brows of adults ages 18 to 65. Ask your doctor if **BOTOX® Cosmetic** is right for you. There's only one **BOTOX® Cosmetic**.

Results may vary. 8 out of 10 women achieved clinically significant results at day 30 in clinical trials.

BOTOX®
—Cosmetic
onabotulinumtoxinA

There's only one BOTOX® Cosmetic

Go to **BotoxCosmetic.com** now to find a doctor and sign up for exclusive invitations, special offers, and great savings on treatments.

Tell your doctor about all your muscle or nerve conditions such as amyotrophic lateral sclerosis [ALS or Lou Gehrig's disease], myasthenia gravis or Lambert-Eaton syndrome as you may be at increased risk of serious side effects including severe dysphagia (difficulty swallowing) and respiratory compromise (difficulty breathing) from typical doses of **BOTOX® Cosmetic**.

Tell your doctor about all your medical conditions, including if you have: plans to have surgery; had surgery on your face; weakness of forehead muscles, such as trouble raising your eyebrows; drooping eyelids; any other abnormal facial change; are pregnant or plan to become pregnant (It is not known if **BOTOX® Cosmetic** can harm your unborn baby); are breast-feeding or plan to breast-feed (It is not known if **BOTOX® Cosmetic** passes into breast milk).

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal products.

BOTOX® Cosmetic may cause loss of strength or general muscle weakness, or vision problems. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

Other side effects of BOTOX® Cosmetic include: dry mouth, discomfort or pain at the injection site, tiredness, headache, neck pain, and eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes. For more information refer to the Medication Guide or talk with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please refer to full Medication Guide on the following page.

By prescription only. 1-800-BOTOX-MD

MEDICATION GUIDE BOTOX® and BOTOX® Cosmetic (Boe-tox) (onabotulinumtoxinA) for Injection

Read the Medication Guide that comes with BOTOX® or BOTOX® Cosmetic before you start using it and each time it is given to you. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. You should share this information with your family members and caregivers.

What is the most important information I should know about BOTOX® and BOTOX® Cosmetic?

BOTOX® and BOTOX® Cosmetic may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems after treatment with BOTOX® or BOTOX® Cosmetic:

- **Problems swallowing, speaking, or breathing.** These problems can happen hours to weeks after an injection of BOTOX® or BOTOX® Cosmetic usually because the muscles that you use to breathe and swallow can become weak after the injection. Death can happen as a complication if you have severe problems with swallowing or breathing after treatment with BOTOX® or BOTOX® Cosmetic.
- People with certain breathing problems may need to use muscles in their neck to help them breathe. These patients may be at greater risk for serious breathing problems with BOTOX® or BOTOX® Cosmetic.
- Swallowing problems may last for several months. People who cannot swallow well may need a feeding tube to receive food and water. If swallowing problems are severe, food or liquids may go into your lungs. People who already have swallowing or breathing problems before receiving BOTOX® or BOTOX® Cosmetic have the highest risk of getting these problems.
- **Spread of toxin effects.** In some cases, the effect of botulinum toxin may affect areas of the body away from the injection site and cause symptoms of a serious condition called botulism. The symptoms of botulism include:
 - loss of strength and muscle weakness all over the body
 - double vision
 - blurred vision and drooping eyelids
 - hoarseness or change or loss of voice (dysphonia)
 - trouble saying words clearly (dysarthria)
 - loss of bladder control
 - trouble breathing
 - trouble swallowing

These symptoms can happen hours to weeks after you receive an injection of BOTOX® or BOTOX® Cosmetic.

These problems could make it unsafe for you to drive a car or do other dangerous activities. See "What should I avoid while receiving BOTOX® or BOTOX® Cosmetic?"

There has not been a confirmed serious case of spread of toxin effect away from the injection site when BOTOX® has been used at the recommended dose to treat severe underarm sweating, blepharospasm, or strabismus, or when BOTOX® Cosmetic has been used at the recommended dose to treat frown lines.

What are BOTOX® and BOTOX® Cosmetic?

BOTOX® is a prescription medicine that is injected into muscles and used:

- to treat increased muscle stiffness in elbow, wrist, and finger muscles in adults with upper limb spasticity.
- to treat the abnormal head position and neck pain that happens with cervical dystonia (CD) in adults.
- to treat certain types of eye muscle problems (strabismus) or abnormal spasm of the eyelids (blepharospasm) in people 12 years and older.

BOTOX® is also injected into the skin to treat the symptoms of severe underarm sweating (severe primary axillary hyperhidrosis) when medicines used on the skin (topical) do not work well enough.

BOTOX® Cosmetic is a prescription medicine that is injected into muscles and used to improve the look of moderate to severe frown lines between the

eyebrows (glabellar lines) in adults younger than 65 years of age for a short period of time (temporary). It is not known whether BOTOX® is safe or effective in children younger than:

- 18 years of age for treatment of spasticity
- 16 years of age for treatment of cervical dystonia
- 18 years of age for treatment of hyperhidrosis
- 12 years of age for treatment of strabismus or blepharospasm

BOTOX® Cosmetic is not recommended for use in children younger than 18 years of age.

It is not known whether BOTOX® and BOTOX® Cosmetic are safe or effective for other types of muscle spasms or for severe sweating anywhere other than your armpits.

Who should not take BOTOX® or BOTOX® Cosmetic?

Do not take BOTOX® or BOTOX® Cosmetic if you:

- are allergic to any of the ingredients in BOTOX® or BOTOX® Cosmetic. See the end of this Medication Guide for a list of ingredients in BOTOX® and BOTOX® Cosmetic.
- had an allergic reaction to any other botulinum toxin product such as *Myobloc*® or *Dysport*®
- have a skin infection at the planned injection site

What should I tell my doctor before taking BOTOX® or BOTOX® Cosmetic?

Tell your doctor about all your medical conditions, including if you have:

- a disease that affects your muscles and nerves (such as amyotrophic lateral sclerosis [ALS or Lou Gehrig's disease], myasthenia gravis or Lambert-Eaton syndrome). See "What is the most important information I should know about BOTOX® and BOTOX® Cosmetic?"
- allergies to any botulinum toxin product
- had any side effect from any botulinum toxin product in the past
- a breathing problem, such as asthma or emphysema
- swallowing problems
- bleeding problems
- plans to have surgery
- had surgery on your face
- weakness of your forehead muscles, such as trouble raising your eyebrows
- drooping eyelids
- any other change in the way your face normally looks
- are pregnant or plan to become pregnant. It is not known if BOTOX® or BOTOX® Cosmetic can harm your unborn baby.
- are breast-feeding or plan to breast-feed. It is not known if BOTOX® or BOTOX® Cosmetic passes into breast milk.

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal products. Using BOTOX® or BOTOX® Cosmetic with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® or BOTOX® Cosmetic in the past.**

Especially tell your doctor if you:

- have received any other botulinum toxin product in the last four months
- have received injections of botulinum toxin, such as *Myobloc*® (rimabotulinumtoxinB) or *Dysport*® (abobotulinumtoxinA) in the past. Be sure your doctor knows exactly which product you received.
- have recently received an antibiotic by injection
- take muscle relaxants
- take an allergy or cold medicine
- take a sleep medicine

Ask your doctor if you are not sure if your medicine is one that is listed above.

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

How should I take BOTOX® or BOTOX® Cosmetic?

- BOTOX® or BOTOX® Cosmetic is an injection that your doctor will give you.
- BOTOX® is injected into your affected muscles or skin.
- BOTOX® Cosmetic is injected into your affected muscles.
- Your doctor may change your dose of BOTOX® or BOTOX® Cosmetic, until you and your doctor find the best dose for you.

What should I avoid while taking BOTOX® or BOTOX® Cosmetic?

BOTOX® and BOTOX® Cosmetic may cause loss of strength or general muscle weakness, or vision problems within hours to weeks of taking BOTOX® or BOTOX® Cosmetic. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.** See "What is the most important information I should know about BOTOX® and BOTOX® Cosmetic?"

What are the possible side effects of BOTOX® and BOTOX® Cosmetic?

BOTOX® and BOTOX® Cosmetic can cause serious side effects. See "What is the most important information I should know about BOTOX® and BOTOX® Cosmetic?"

Other side effects of BOTOX® and BOTOX® Cosmetic include:

- dry mouth
- discomfort or pain at the injection site
- tiredness
- headache
- neck pain
- eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes.
- allergic reactions. Symptoms of an allergic reaction to BOTOX® or BOTOX® Cosmetic may include: itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint. Tell your doctor or get medical help right away if you are wheezing or have asthma symptoms, or if you become dizzy or faint.

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of BOTOX® and BOTOX® Cosmetic. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about BOTOX® and BOTOX® Cosmetic:

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide.

This Medication Guide summarizes the most important information about BOTOX® and BOTOX® Cosmetic. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about BOTOX® and BOTOX® Cosmetic that is written for healthcare professionals. For more information about BOTOX® and BOTOX® Cosmetic call Allergan at 1-800-433-8871 or go to www.botox.com.

What are the ingredients in BOTOX® and BOTOX® Cosmetic?

Active ingredient: botulinum toxin type A
Inactive ingredients: human albumin and sodium chloride

Issued: 03/2010

This Medication Guide has been approved by the U.S. Food and Drug Administration.
Manufactured by: Allergan Pharmaceuticals
Ireland a subsidiary of: Allergan, Inc. 2525 Dupont Dr., Irvine, CA 92612

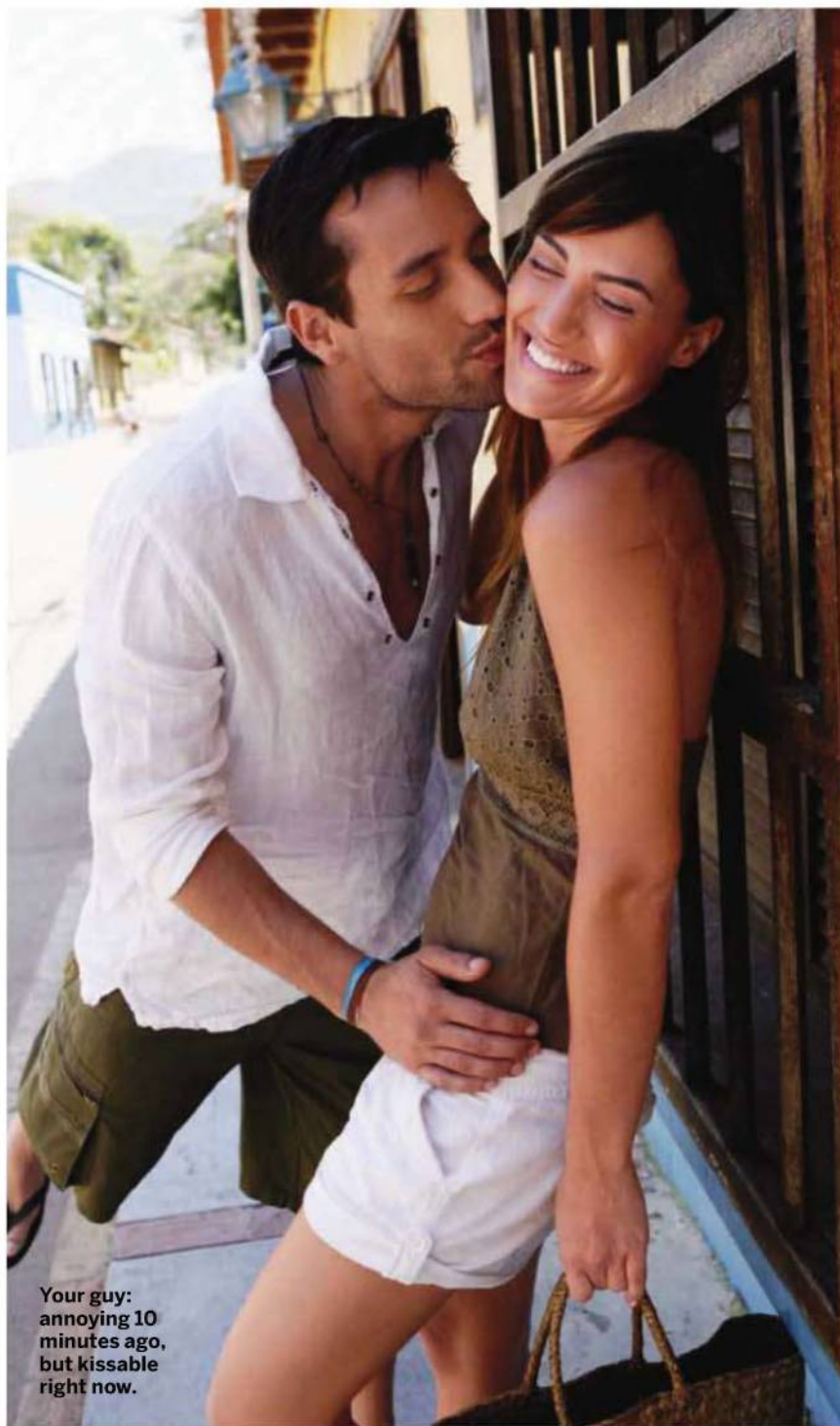
© 2010 Allergan, Inc. ® mark owned by Allergan, Inc. U.S. Patents 6,974,578; 6,683,049; and 6,896,886 *Myobloc* is a registered trademark of Solstice Neurosciences, Inc. *Dysport* is a registered trademark of Ipsen Biopharm Limited Company. 72284US11B APC24AS10

Your Love Life

Marriage, men, romance & sex

Follow this easy love advice every single day

He's the one. That's the epiphany we all waited for as single women. It's the belief that led you to marry the man you now share a bed with. But sometimes—like when he falls asleep during your daughter's tap recital—you find yourself asking, *Really? He was the one?* Well, give him (and yourself) a break. "He never was 'the one'; there's no such thing," says Christine Meinecke, Ph.D., a licensed psychologist and the author of the new book *Everybody Marries the Wrong Person*. "Conventional wisdom teaches us that we need to choose the right person if we want a happy marriage, but the danger is, that notion encourages couples to question the rightness of their partner when they hit a rough patch. In reality, **good relationships are built on daily loving interactions**, not on whether you feel your partner is truly your soul mate." It may sound unromantic, but ditching the idea of Mr. Right can help you establish a new mind-set—and seize the opportunity to make your marriage better every day. Here's one way to do that: **Tune in to your five senses when you're with your guy—by relishing the warmth of his hug, taking in the smell of his aftershave, or looking into his eyes while he's talking**, Meinecke says. "People are happiest when they're living in the present, and the same applies to our relationships," she adds. "Paying attention to our senses boosts intimacy and connection because it redirects our thoughts to how we're feeling in that moment." And every woman could use a reminder that despite the occasional bout of narcolepsy, he *is* the one you want by your side, now and forever. —Nicole Yorio



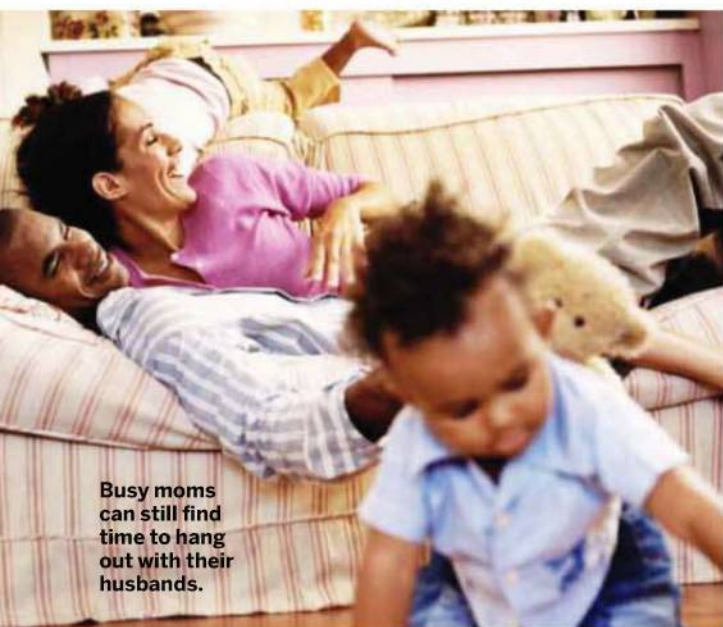
Your guy:
annoying 10
minutes ago,
but kissable
right now.

LoveNotes

Smart, sexy ideas to keep you connected.

A SEXY SECRET just for moms

Mommy blogs are abuzz with nearly every topic, but there's a weird radio silence when it comes to Mom's sex life. Enter the new website Good Vibes Sexy Mama. "In this space, moms can share in that fun, gabby way about how motherhood affects their sex life—and they can get answers about how to carve out time and energy to feel sexy," says Carol Queen, Ph.D., the site's sexologist. The site comes from sex-toy retailer Good Vibrations, so naturally you'll find a slew of products, like gizmos to tone your PC muscles after birth, but we also found great tips for fitting sex into a mom's busy schedule (e.g., escalate a quickie with dirty talk, seize *any* chance to get it on). Bonus: Get 10 percent off at goodvibesexymama.com till October 1 with checkout code GVED10.



Busy moms can still find time to hang out with their husbands.

Why he hates fighting Next time you and your guy butt heads, there's a good chance he'll cave. A new study put couples to the test to determine which sex is stronger at certain tasks. The results: Women excel in verbal reasoning, which helps us win arguments, and men beat us at spatial-awareness tasks, such as changing diapers. (So if you clash over who should change the baby, you've got twice the chance of winning!)

COUPLES CONFESS

What's the craziest thing you've ever done together?



Jacey and Travis Miller

Draper, UT; married 2 years
Jacey: We snuck into a sold-out Utah Jazz NBA playoff game. We tried to scalp tickets, but we couldn't get any.
Travis: People were smoking by a side door, so I grabbed her and we went in with them.
Jacey: I said, "What are you doing?" And he was like, "Shh—you're acting suspicious."
Travis: Then we snuck past the ushers and scored seats in the 16th row!



Susan and Clay Gurnett

New York City; married 8 years
Susan: We walked out of a bar without paying the bill! We were on vacation in St. Martin and the service was really bad.
Clay: We had been drinking and were cooked by that point. So I said, "Let's just go." We pretended to go to the bathroom, and then we ran away like teenagers!



Mike Rainey and Katrina Moore

Burlington, Ontario; married 2 years
Mike: We stole a stop sign from the side of the road.
Katrina: It had already fallen, so I don't think it was illegal.
Mike: Really, we were doing the city a favor. It's still hanging on our wall at home!

This summer, wouldn't it be nice to relieve your child's itchy skin without a prescription?



©2010 Kuo Brands Company

NEW Curél® Itch Defense® Lotion now with Advanced Ceramide Therapy. It relieves dry, itchy skin often caused by sun, heat, salt and chlorine. It can even relieve the symptoms of your child's eczema instantly and long-term. Steroid-free and pediatrician-tested so you and your child can enjoy a soothing summer. www.curel.com

Curél®
See the cure in Curél®

What I Know About Women

The tweens can keep R-Patz—we're obsessed with **Stephen Moyer**, *True Blood*'s sexy and sophisticated vampire. By Anna Davies

Your character, Bill, just got engaged to his love Sookie, and you're also engaged to Anna Paquin, the actress who plays Sookie, in real life. When did you know Anna was "the one"?

It was when I was away from her. When we were filming the pilot, we were the only two actors who didn't live in Los Angeles, so we ended up going to dinner almost every night. When we finished filming, I went to London and she went to New York, and it felt so weird not to talk to her. So we began Skyping and have been together ever since!

What is your onscreen chemistry like?

Everybody on set now gets to see what goes on behind closed doors. We leave nothing to the imagination!

[Laughs] But our love scenes actually work really well. Since the crew knows we do have chemistry and are together in real life, I feel like it takes away from the nerve-racking tension that can occur when people have to watch two actors who are just getting to know each other engage in an intimate scene.

Why do people love vampires so much? Any vampire tricks that real guys can use to sweep women off their feet?

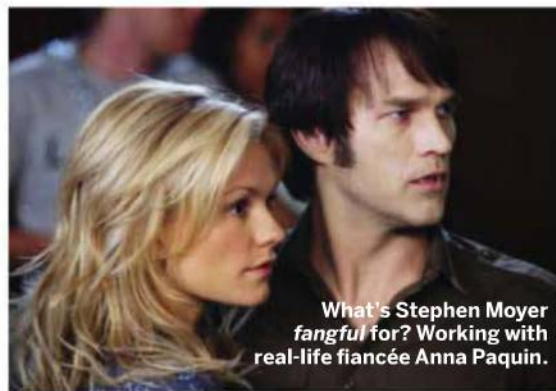
Vampires are so old that they don't need to impress anyone anymore. They're comfortable in their own skin. It's this enigmatic strength that's very romantic and old-fashioned. I think it goes back to something of a Victorian attitude of finding a strong man who's going to look after his woman. Bill represents the kind of guy who is bad and dark, but ultimately, he'll defend you with his life if it comes to it.

How do you romance your fiancée?

Our romance is based on some really great food and great restaurants and a similar taste in music. We share a lot of things. We live by the beach, and often when it's 10 o'clock at night, we'll walk out with the dogs and a drink and sit on the beach. It's one of our favorite things to do.

So what have you learned about women from Anna?

You know, men would much rather run away than talk about stuff, and my default setting has always been, *If you have an argument, walk out the door.* Anna's brilliant: She won't let me walk away. Instead, we talk and we try to get things out in the open. The main thing that Anna has taught me is absolute transparency and honesty and truth. Even if you know that what you'll say will hurt a woman's feelings, I've learned that it's better to be truthful with her than it is to cover up. Ultimate honesty is what a relationship is really about. **R**



What's Stephen Moyer fangful for? Working with real-life fiancée Anna Paquin.

**DO THEY CHARGE
YOU IF YOU USE
THE CARD?**

**DO THEY CHARGE
YOU IF YOU DON'T
USE THE CARD?**

ENOUGH.

Switch to the Discover® More® card today.

No Annual Fee.

No Reward Redemption Fee.

No Inactivity Fee.

No Additional Card Fee.



Visit discover.com
Call 1-800-DISCOVER

The Whys Guy

What's romantic to a guy?

Rose petals on the bed were a disaster, but our husband columnist can tell you the moments that turn men to mush. By Aaron Traister



Call me the Grinch Who Stole Romance, but I find stereotypical romantic gestures expensive and messy and downright corny. I'm lucky I found my wife, because she feels the exact same way. It's not that we don't try—it's just that for every gauzy high school fantasy we embark on, there always seems to be a back end that no one ever warned us about.

I tried sprinkling rose petals all over our bedroom once. You know what I learned? Someone

has to clean them up after the lovin'. Nothing feels less romantic than scrabbling around on your hands and knees, half naked, trying to collect what suddenly amounts to nothing more than compost.

Let me ask: Do you and your partner share a special song because you heard it at an important moment in your relationship? Yeah, Karel and I don't have one of those. The closest we come to sharing a song is "Mississippi Queen" by Mountain. It was the first song we heard after eloping to a

**“DELICIOUS NEWS: WISH-BONE® HELPS YOU
ABSORB MORE OF THE VITAMINS IN YOUR SALAD.”**

The nutritious oils in Wish-Bone® help the body better absorb the antioxidants vitamins A and E from salad.* So a splash of Wish-Bone® dressing doesn't just add great flavor. It helps you get more of the goodness from your salad. Can a dressing really do that? The oils in Wish-Bone® can.

Visit wish-bone.com to learn more about Tyler and find out how to make nutritious salads.

Tyler Florence
-Tyler Florence: Chef, Television Host and Restaurateur



Get more from your salad.



*Vs. a salad without dressing. Wish-Bone dressings contain up to 130 calories, 13 g fat, 2 g saturated fat, and 340 mg sodium per serving. The actual increase in absorption will vary depending on the amount and type of dressing used and the type of salad. ©2010 Unilever.

Guys answer: What's the most romantic thing you've ever done?

"For my wife's birthday, I commissioned a portrait to be painted of her and her cat, Duke. She loves him as much as she loves me." —Damian, 33, Austin, TX

"To celebrate our first anniversary, my wife and I returned to the cherry blossoms in Washington, DC, where we had our first date. Then, to commemorate the occasion, we each got a tattoo of love birds surrounded by floating cherry blossoms." —Brian, 34, Philadelphia

"I ate mopane worms—a popular snack—so my South African girlfriend's family would approve of me." —Jonathan, 33, Providence, RI

"My wife and I enjoy going to the local dog run, so that seemed like the perfect place for me to propose. She didn't see it coming, and to top it off, our dog relieved himself in front of us, as if blessing the event." —Dan, 35, New York City

small city in upstate New York. (And before you begin to argue that eloping sounds romantic, I should stop to point out that this same city recently received a lot of press for having the worst gang-violence problem and urban blight in the state. *C'est l'amour.*)

Anyway, I'm not sure if you're familiar with "Mississippi Queen" specifically, or Mountain's oeuvre in general, but it's not exactly Peter Cetera and Cher. And yet that will be the song we need to figure out how to dance to at our 50th anniversary. I guess it will all work out in the end, because we step on each other's feet when we dance anyway.

Even something as simple as going out for a romantic dinner together often ends in bad. Our last date night was supposed to be special. It was our eighth anniversary. We hadn't been out as a couple in months. We got dressed up, left the kids with my mom, and headed out to an old-school seafood house that had come highly recommended by someone who apparently didn't like us very much. It turns out that *old* was the operative word at this establishment. It smelled like old seafood, very old seafood. The few dishes that passed us on their way to nervous-looking diners didn't look that fresh either, and just so our romantic evening was perfect, the owner/host ended up getting into a heated shouting match with the couple waiting for a table in front of us (perhaps they had mentioned the smell). We beat a hasty retreat once the shoving and pushing started. Starving, and now smelling like fish, we ended up eating pizza on a street corner in our fancy clothes. We were back home in time to read our kids the last story before bedtime.

All the traditional romantic go-to's end up the exact same way:

- **Jewelry is a bust** because after eight years of marriage, I still don't know what Karel likes (perhaps because *she* still does not know what kind of jewelry she likes, and her moods tend to change with her hair color), and we both agree that we would rather get the hole in the kitchen ceiling fixed before I even begin considering a sparkly purchase, especially if it's going to be the wrong something sparkly.

Karel and I keep our gestures simple: We let the other sleep in on Saturday.



- **Chocolates work for me, but not in a romantic way.** More of an I-will-eat-an-entire-box-of-chocolates-then-feel-sick-to-my-stomach-and-roll-around-on-the-floor-groaning-about-how-I-ate-too-many-chocolates sort of way. Karel doesn't like to bring candy into the house for this reason.

- **Neither of us sing, or play the guitar, or write poetry,** so thankfully we don't have to try to make the lover's leap off that embarrassing bridge. I sometimes rap 2 Live Crew lyrics to her to make her laugh, but I don't think that counts as conventional romance.

So what *does* work for us? Karel and I keep our gestures simple and secretive: letting the other sleep in on Saturday, crawling into bed together before we're tired so that we have a chance to catch up, or even something as small as remembering to bring the other person a glass of water before we get comfortable on the couch. For me, a special occasion is Karel in a lacy bra, and for Karel it's coming home to a finely vacuumed first floor. Those are the extras we crave, the things that say, "I was thinking about you today."

The truth is, Karel and I kinda like eating pizza on the corner in our modest finery, we are in total agreement about how and where our money is best spent, "Mississippi Queen" is a pretty good rock song even if it does make for a crappy anniversary ballad, and finding a rose petal stuck to my butt three days after the fact was a teaching moment for everyone involved. When it comes to showing my affection, all I can really do is remember to tell my wife I love her every day, hold her hand on our evening walks with the kids, and cherish the moments when we fall asleep laughing together. If I can get the little stuff right, maybe that's the most romantic act of all. **R**

What do you want to know about men?

If you're looking to figure out your guy's mysterious or perplexing behavior, our columnist Aaron will try to explain the crazy things men do (but he makes no promises!). Email your questions to him at redbook@hearthst.com (subject: Whys Guy). Be sure to include your name, city, state, and email address.



REDBOOK columnist Aaron Traister lives in Philadelphia with his wife and two kids. His work has appeared on babble.com and salon.com.



Unleash the complete
killing force
against fleas and ticks.



Unlike other products from your vet, only FRONTLINE® Plus completely annihilates the flea life cycle on cats and dogs by killing fleas as adults, eggs, and larvae. Plus ticks. And, FRONTLINE Plus keeps killing for 30 days. Satisfaction guaranteed. That's why it's the #1 choice of vets for their pets*—and yours.†



*Data on file at Merial.

†Vet-dispensed; MDI Data.

©FRONTLINE is a registered trademark of Merial.

©2010 Merial Limited, Duluth, GA. All rights reserved. FLE10CMPRINTAD

completekiler.com



David LaChapelle *for* Rolling Stone

Young people do everything online. Like order millions of magazines.

Somehow, amidst their infatuation with Facebook, YouTube, Twitter and the like, young adults are still making time for another one of their favorite pursuits: reading magazines.

Contrary to popular misperception, the phenomenal popularity of the Internet has not come at the expense of magazines. Readership is actually increasing, and adults between 18 and 34 are among the most dedicated readers. They equal or surpass their over-34 counterparts in issues read per month and time spent per issue.

What's changed isn't people's affinity for magazines but the means by which they acquire them. Last year, nearly 22 percent of all new paid subscriptions were ordered online.

And just as the Internet drives magazine subscriptions, magazines drive Web searches – with nearly double the effectiveness of the Internet itself. Some might call it ironic.

The medium that some predicted would vanquish magazines is actually helping fuel their growth. And vice versa.



Sex Life Road Test: Voluntary dry spell

Could the key to sizzle in bed be *not* having sex? Experts say a sex break can create enough anticipation to rev things up permanently once you're back at it. Two couples each embarked on a sex hiatus. Did it drive them insane—or make them insanely hot for each other? Find out here.

Six weeks off

Couple
#1

“The abstinence definitely made me crave sex more.”

She says: When my husband and I got engaged, I suggested we see how long we could go without sex. We'd had sex very early on in our four-year relationship, so a bout of abstinence seemed like a great way to regain that wonderful anticipation leading up to the first time. I was surprised that my guy was up for the challenge! Very quickly, our lust became palpable: I craved sex like never before! We still fooled around, but because we didn't have sex as the go-to crutch, we experimented with other fun things. It gave us the chance to talk about what we wanted for our future sex life—what positions felt best, what we might try out, etc. After six weeks, we caved—and yes, the sex was phenomenal. This was a great experience, and definitely something I'd consider doing again later in our marriage if our love life starts to get boring. But six weeks? Nah, two would be enough.

He says: My fiancée suggested the sex break, and I was willing to try it. It was really hard not having sex when I was sleeping in the same bed as her, but most of the time I still felt satisfied. Six weeks was a long time to wait, but when she finally broke down and could no longer resist my charms, I felt amazing. Never have I appreciated sex so much!

Passion factor: 🔥🔥🔥 Smokin'

Two weeks off

Couple
#2

“When we broke down and had sex, we felt so naughty!”

She says: My husband and I have been superbusy lately with work, our two kids, and would be a good way to take the pressure off. The first week was a piece of cake—we were too busy to notice we were missing out. But as the second week wore on, I really missed being intimate with my husband. I craved sex more than usual, and the prospect of three whole weeks off felt like too much. On day 13, we had the very rare experience of having the house to ourselves. We both gave each other that special smile, and that was all it took: We literally ran to the bedroom for a “nooner”—so fun! It felt so naughty to be breaking the rules and having forbidden sex like we were teenagers. The experience was way hotter than our usual run-of-the-mill sex. It was slightly distracting to be listening for the front door in case one of the kids came home, but overall, this experience was smoking hot!

He says: My wife didn't ask me to take a sex hiatus—she told me we were doing it. I can't say I was very excited about the prospect. By day 10, I was itching to get busy. But before two weeks were up, I was totally shocked—and excited!—when my wife looked at me with that sexy look. She never breaks the rules! Calling it off early was totally worth it. It's funny how a break from sex is what it took to inspire us to add more spice to the bedroom.

Passion factor: 🔥🔥🔥 Smokin'



More sexy ways to spice up your love life To find dozens more dishy, tell-all Sex Life Road Test reviews, log on to redbookmag.com/slr1.

PANDORA™

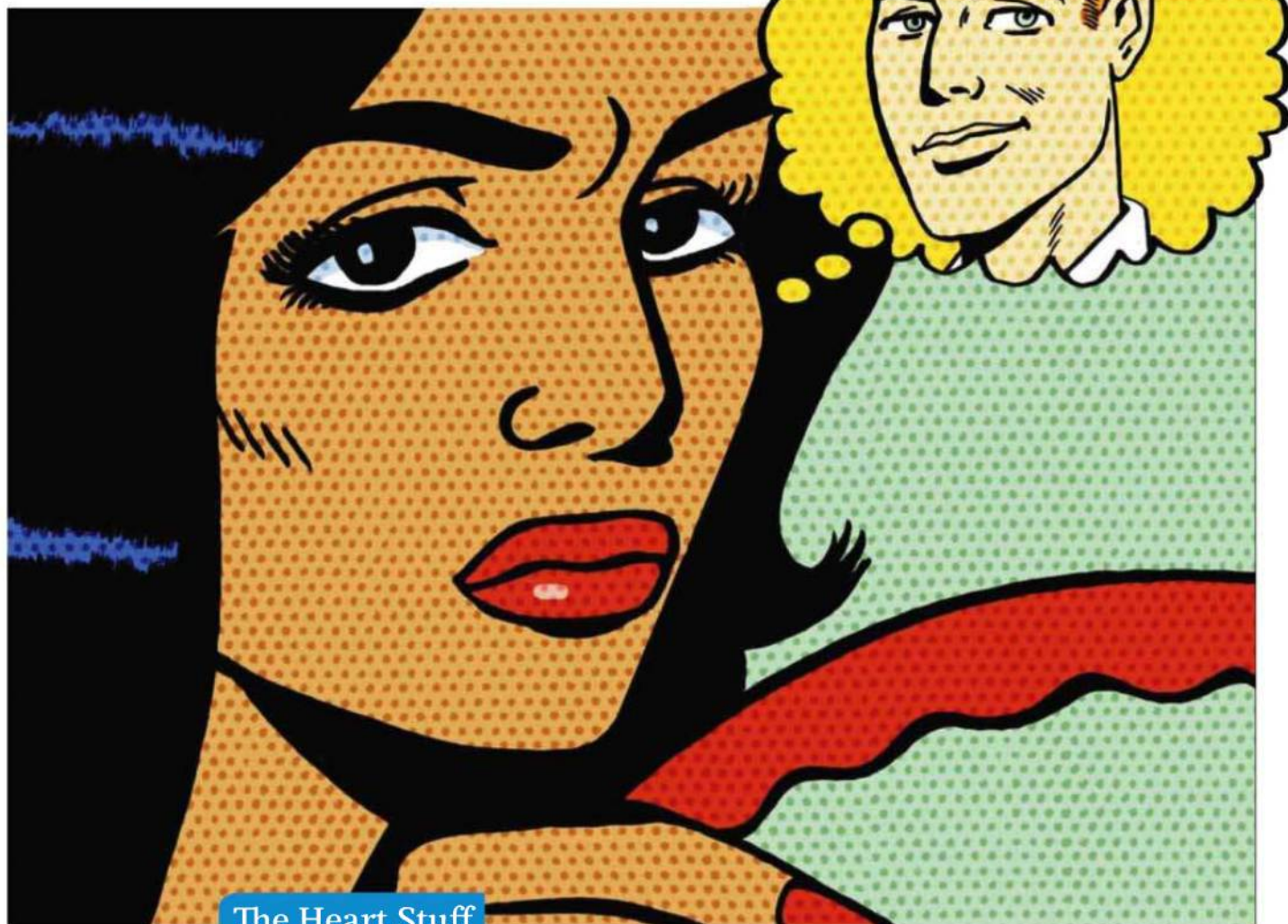
UNFORGETTABLE MOMENTS



Last day at the beach.

Moments

MAKE A FLEETING MOMENT LAST FOREVER. THREAD YOUR CHOICE OF OUR BEAUTIFUL HAND-FINISHED CHARMS ONTO A BRACELET OF 14K GOLD, STERLING SILVER, LEATHER OR FABRIC. WHAT'S YOUR MOMENT? BE INSPIRED AT PANDORA.NET OR PANDORA-JEWELRY.COM.



The Heart Stuff

Is this guy worth my time?



Karen Karbo is an award-winning writer and the author of *The Gospel According to Coco Chanel: Life Lessons From the World's Most Elegant Woman*. She's also a mom, a teacher, and a horse owner. For more advice, go to redbookmag.com/karenkarbo.

"He tells me he loves me, but when I start talking about our future, he closes up."

Q I am a divorced single mother of three. I have been dating a man for a year and a half now who is eight years younger than I am, has never been married, and has no children. The first six months were great, but then suddenly I was the one always making the 70-mile drive to see him. He tells me he loves me, but when I start talking about our future, he closes up and says he doesn't know what he wants. **He's also made it clear that he won't move to where I live so we can be together,** and I don't want to move to where he's living until my oldest child is finished with high school. Am I fighting a losing battle? Or do you think it's worse to throw away the last year and a half? —G.S., 36, Norfolk, NE

A It sounds as if your guy is being honest with you: He loves you, but he really doesn't know what he wants. That's fair. Committing to another person is terrifying under the best of circumstances and, for better or for worse, you come with a ready-made family—serious stuff. **I think it speaks to his character that he's hesitant; it would be more worrisome if he skipped out on his current life without giving it any thought.** Also, you don't want your kids developing an attachment to some guy who won't be sticking around.

Instead, why don't you step back and refocus your attention on your own life for a while? You've got three kids who I'm sure command a lot of your time and energy. I assume you've also got friends,



Family Pourtrait.

Our view on family? There's nothing more important. That's why we drink milk. It's the #1 source of calcium, potassium and vitamin D in America's diet. And it has protein to help build strong families. Together, there's nothing we can't tackle.

got milk?[®]

whymilk.com/hasselbeck

what you want – summer solutions



"Take it once a day, every day!"

28 Days To Healthier Gums!

Stress, illness, improper diet or inadequate oral hygiene can lead to poor gum health. New GUM® PerioBalance® daily, dental probiotic mint-flavored lozenge reduces plaque, fights bad breath, and promotes healthy teeth and gums in as little as 28 days! Available in the Oral Care Section at major drugstores. Use promo code PB2 to receive \$2 off your online purchase at periobalance.com

Custom Handstamped Jewelry

Made with any names, date or words of inspiration! Use RB15 for 15% off your order! thevintagepearl.com

Dainty Drops Necklace



Stop The Pain!

Put those painful leg, calf, and foot cramps and charley horses to rest with Hyland's Leg Cramps with Quinine. 100% Natural, homeopathic, and safe to take with other medications. Visit hylandslegcramps.com or call 1-800-234-8879.

Ringing Ears? Blurry Vision?

America's #1 Selling Tinnitus Product—homeopathic Ring Relief® Ear Drops and Dual Delivery Caplets relieve ringing, buzzing or unexplained noises in

ears. Ring Relief sold at CVS, Duane Reade, Meijer, Walgreens, Walmart Supercenters. Blur Relief® Eye Drops help blurriness (Presbyopia), dry/red irritated eyes, night vision. Blur available at Walgreens. 1-888-969-6855; www.TRPCo.com



Give Stainless Steel A Streak-Free Shine!

Weiman® is the #1 rated brand to clean, shine and protect stainless steel. Weiman Stainless Steel Products remove fingerprints, dirt and grime while leaving a brilliant, streak-free shine. Available at Walmart,® Target,® Publix® and leading retailers nationwide. To learn more, call 1-800-837-8140 or visit Weiman.com.

Your Love Life

a job, and hopefully a silly pet or two. **Don't break up with your guy—just stop pushing. Pushing solves nothing, ever.** Aside from the fact that it can make someone run for the hills, we get so involved in lobbying for what we think we want that we lose sight of the bigger picture, which is, in your case: Is this relationship giving you what you need?

So even though there's a lot of uncertainty here (the distance, his ambivalence), sit tight for now—and stay tuned in to what's best for you. Your guy might still one day come around, or you might decide you're not that into him. But for now, respect his reservations. And let him make the next 70-mile drive.

How do I get my mother-in-law to back off?

Q Ever since my mother-in-law realized that I won't stand for meddling (after our first "Thanks, Mom, but please butt out"), she has been flat-out disrespectful. **She makes rude comments about everything I do, from cooking to parenting to going back to school to get my degree.** I've always been respectful and, out of concern for my husband's feelings, I haven't caused a scene, but how long do I have to take it? —S.H., 31, Coconut Creek, FL

A First things first: Ease up on the absolutes. I'm sure it seems as if she's rude about everything, but if you take a deep breath and channel your inner holy saint, I bet you'll find yourself grudgingly admitting that on occasion she's at least neutral or indifferent. So **banish always, never, and everything from your internal dialogue. The words we use have a lot to do with our perceptions about how much we can or cannot take.** Shifting those perceptions also helps her become less monstrous to you. This is important, because she's not going anywhere and there's no guarantee she'll ever change. The more you devilify her, the easier it will be to talk to her about this.

And you are going to have to talk to her again. And perhaps again. And maybe even, yes, again. I feel your sense of unfairness: You already told her to stop, so why doesn't she? The reasons are many and mysterious: She wasn't really listening, or she didn't think you were serious, or she's scared that you're going to shove her out of her son's life.

To approach the topic without starting a big blowup, find a solid talking point and work it like a politician: "Joyce, I appreciate the fact that you disagree with my choices, but there's no need to be mean (rude, unkind)." Say it without venom. She'll say whatever she says, and you'll respond, "Yes, I know you disagree, but there's no need to be mean about it." Sticking to your point helps keep the conversation from turning into the kind of scene you hope to avoid.

If she is indeed operating out of fear of being excluded from your and your husband's life, helping her feel more welcomed

could go a long way toward easing the tension. Ask her advice on something important to her: "You always grow such beautiful herbs. How do you do it?"

No matter what tack you take, comfort yourself with this: If you wind up arguing, so be it. Having a scene is not the end of the world. Your husband may flee to the TV room, but that's to be expected. Welcome to married life.

My future with him looks so bleak

Q I've been happily married for 22 years, and my husband and I always had a fun and active sex life. Two years ago, he suffered a severe head injury and now has the mental capacity of a 5-year-old. For a long time, I was immersed in how best to help him, but now **I'm beginning to see my own future, and it feels pretty grim.** I have no intention of divorcing him or turning his care over to anyone else, but it's scary and lonely to think about what's in store for me. Any ideas? —S.H., 43, Billings, MT

A It seems to me you're asking two questions here. One is how to make the rest of your life less scary and lonely; the other is what's to become of your sex life.

First, you need to make sure you have your own support system. I realize this will sound suspiciously like *Desperate Housewives*-style pampering, and money may be an issue, but creating good habits of self-care is a must. Do you regularly get a massage or go to yoga? Do you have a friend you can meet for lunch once a month? Do you have a cat or dog? **Find what nourishes you and commit to it. It will help keep you healthy, stronger, and less lonely.**

As far as your sex life goes—it's a moral dilemma you're going to have to trust yourself to handle, and I have full faith you'll do what's right for you. You said divorce is not an option, but are there other possibilities? (Of course,

Ask yourself whether a time could come when you'd be open to an extramarital relationship. Give yourself some hope.

other possibilities is a euphemism for other men.) You might begin by asking yourself whether a time could come when you'd be open to an extramarital relationship, if only to give yourself some hope now that your romantic days aren't over. Consider what such a relationship would mean to your husband. If the situation were reversed, what would you want for him?

At the very least, reach out to some kindred souls. If you haven't already located a community of people in a similar situation,

do so now. Or link up with a counselor who specializes in working with couples who've experienced similar situations.

I'm loath to sugarcoat your tragedy in any way. Still, as one of my favorite quotes (by Truman Capote) goes, "Love, having no geography, knows no boundaries." **Your husband and your marriage will never be the same, but love comes in a lot of different forms, and there's no reason to think it won't still be part of your life.**

Perhaps you and your husband will find new ways to connect. What does he enjoy doing? Even if it seems childlike in comparison to his old interests, there's still the possibility of having fun together. And don't lose sight of family and friends with whom you can develop new bonds. Have people over to dinner. Start a book club. Invite people into your life, and the bleakness that you anticipate might be soothed. Be open to the many ways love can find you. **R**



Ah, boots. To some, the perfect complement to an outfit. To others, simply shoes with extra ankle support. Either way, they're necessary. They're awesome. And we've got thousands to choose from.

Zappos.com
POWERED by SERVICE™

FREE SHIPPING BOTH WAYS

1.877.927.2330
Happy to help. 24/7.

For moderate to severe RA

I HAVE RHEUMATOID ARTHRITIS.



Your results may vary. In medical studies, ENBREL was shown to be effective in about 2 out of 3 adults with moderate to severe rheumatoid arthritis (RA) who used it, and has been shown to begin working in as few as 2 weeks, with most patients receiving benefit within 3 months. In an RA medical study, 55% of patients had no progression of joint damage.

Please see Important Safety Information below and Medication Guide on the back of the following page.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you

www.enbrel.com

take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using TNF blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA and psoriasis may be more likely to get lymphoma.

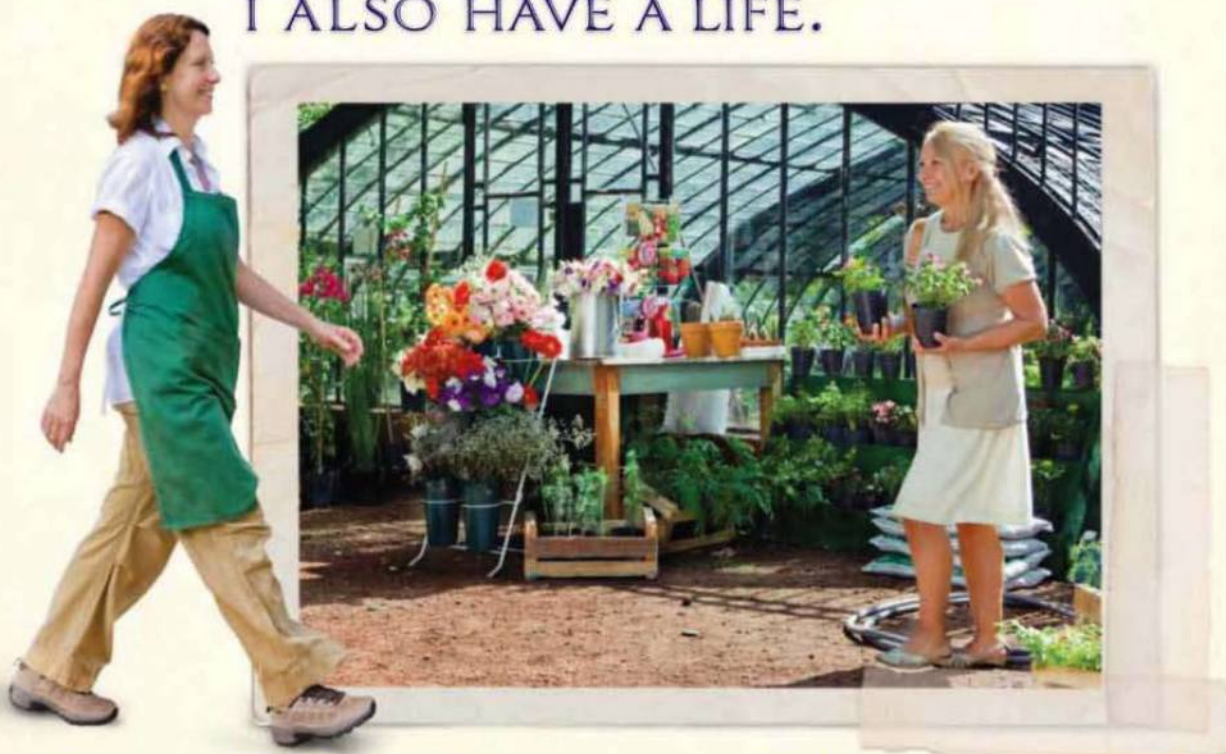
Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of

infection, unless your doctor says it is okay

- Have any open cuts or sores
- Have diabetes or an immune system problem
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live or have lived in certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if histoplasmosis or other fungal infections are common in the areas where you live or have lived, ask your doctor
- Have or have had hepatitis B

I ALSO HAVE A LIFE.



If you suffer from moderate to severe RA, it can seem as though your life has been split in two. ENBREL can help bridge the gap.

ENBREL can reduce the pain, stiffness, and fatigue that's stopping you. It can also help keep joint damage from getting worse. ENBREL is given by injection. ENBREL was the first medicine of its kind approved for moderate to severe RA and is the number-one most prescribed biologic by rheumatologists for RA.* So you can experience another side of RA, and get closer to the life you want to live.

Ask your rheumatologist about ENBREL today. To learn about RA, ENBREL, and patient support call: 1-888-4ENBREL and visit www.enbrel.com.

*Based on monthly prescription data from IMS NPA for September 2009 and a 6-month interval of NDTI data for projected drug uses as of August 2009 for biologic agents approved for moderate to severe RA.

- Have heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Have or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding

- Have been around someone with chicken pox
- What are the possible side effects of ENBREL?**

ENBREL can cause serious side effects including: **Infections**, including serious infections like TB; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache.

These are not all the side effects with ENBREL.

Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Medication Guide on the next page.



Get closer to the life you want to live



Medication Guide ENBREL® (en-brel) (etanercept)

Read the Medication Guide that comes with ENBREL® before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using ENBREL®.

ENBREL® is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about ENBREL®?

ENBREL may cause serious side effects, including:

1. Risk of infection

ENBREL® can lower the ability of your immune system to fight infections. Some people have serious infections while taking ENBREL®. These infections include tuberculosis (TB), and infections caused by viruses, fungi or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting ENBREL®.
- Your doctor should monitor you closely for symptoms of TB during treatment with ENBREL® even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with ENBREL®.

You should not start taking ENBREL® if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including ENBREL, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting ENBREL®, be sure to talk to your doctor:

ENBREL® may not be right for you. Before starting ENBREL®, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See "What is the most important information I should know about ENBREL®?")
- are being treated for an infection
- think you have an infection
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinate more often than normal, and feel very tired.
- have any open cuts on your body
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use ENBREL®. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B

Also, BEFORE starting ENBREL®, tell your doctor:

- About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:
 - ✓ Ocrencia® (abatacept) or Kineret® (anakinra). You have a higher chance for serious infections when taking ENBREL® with Ocrencia® or Kineret®.
 - ✓ Cyclophosphamide (Cytoxan®). You may have a higher chance for getting certain cancers when taking ENBREL® with cyclophosphamide.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting ENBREL®, including if you:

- have or had a nervous system problem such as multiple sclerosis
- have or had heart failure
- are scheduled to have surgery
- have recently received or are scheduled to receive a vaccine

- ✓ all vaccines should be brought up-to-date before starting ENBREL®
- ✓ people taking ENBREL® should not receive live vaccines
- ✓ ask your doctor if you are not sure if you received a live vaccine
- are allergic to rubber or latex
- ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber
- have been around someone with varicella zoster (chicken pox)
- are pregnant or plan to become pregnant. It is not known if ENBREL® will harm your unborn baby.
- ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take ENBREL®. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.

- are breast feeding or plan to breast feed. It is not known if ENBREL® passes into your breast milk. You and your doctor should decide if you will take ENBREL® or breast feed. You should not do both.

See the section "What are the possible side effects of ENBREL®?" below for more information.

What is ENBREL®?

ENBREL® is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

ENBREL® is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** ENBREL® can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** ENBREL® can be used alone or with methotrexate.
- **ankylosing spondylitis (AS)**
- **chronic, moderate to severe plaque psoriasis in adults ages 18 years and older**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking ENBREL®, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

ENBREL® can help reduce joint damage, and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. ENBREL® can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See "What is the most important information I should know about ENBREL®?" and "What are the possible side effects of ENBREL®?"

Who should not use ENBREL®?

Do not use ENBREL® if you:

- have an infection that has spread through your body (sepsis)
- have ever had an allergic reaction to ENBREL®. See the end of this Medication Guide for a complete list of ingredients in ENBREL®.

How should I use ENBREL®?

- ENBREL® is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of ENBREL® at home, you or your caregiver should receive training on the right way to prepare and inject ENBREL®. Do not try to inject ENBREL® until you have been shown the right way by your doctor or nurse.
- ENBREL® is available in the forms listed below. Your doctor will prescribe the type that is best for you.
 - Single-use Prefilled Syringe
 - Single-use Prefilled SureClick Autoinjector
 - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to prepare and give your ENBREL® injections at home.
- Your doctor will tell you how often you should use ENBREL®. Do not miss any doses of ENBREL®. If you forget to use ENBREL®, inject your dose as soon as you remember. Then, take your next dose at your regularly scheduled time. In case you are not sure when to inject ENBREL®, call your doctor or pharmacist. Do not use ENBREL® more often than as directed by your doctor.
- Your child's dose of ENBREL® depends on his or her weight. Your child's doctor will tell you which form of ENBREL® to use and how much to give your child.

What are the possible side effects of ENBREL®?

ENBREL® can cause serious side effects, including:

See "What is the most important information I should know about ENBREL®?"

- **Infections.** ENBREL® can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See "Before starting ENBREL®, be sure to talk to your doctor" for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use ENBREL®. Your doctor may

do a blood test before you start treatment with ENBREL® and while you use ENBREL®.

- **Nervous system problems.** Rarely, people who use TNF blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF blocker medicines, like ENBREL®. If you have heart failure your condition should be watched closely while you take ENBREL®. Call your doctor right away if you get new or worsening symptoms of heart failure while taking ENBREL®, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using ENBREL® developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps which may be filled with pus. Your doctor may decide to stop your treatment with ENBREL®.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
 - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using ENBREL®.
 - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF blocker medicines, including ENBREL®. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of ENBREL® include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections)
- **Headache**

These are not all the side effects with ENBREL®. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store ENBREL®?

- Store ENBREL® in the refrigerator at 36° to 46°F (2° to 8°C).
- Do not freeze.
- Do not shake.
- Keep ENBREL® in the original carton to protect from light.
- **Keep ENBREL® and all medicines out of the reach of children.**

General Information about ENBREL®

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use ENBREL® for a condition for which it was not prescribed. Do not give ENBREL® to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about ENBREL®. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about ENBREL® that was written for healthcare professionals. For more information call 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in ENBREL®?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine.

1XXXXX-v3

Issue Date: 11/2009

This Medication Guide has been approved by the U.S. Food and Drug Administration.

AMGEN

Manufactured by Immunex Corporation
Thousand Oaks, CA 91320



Marketed by
Amgen Inc. and Pfizer Inc.

www.enbrel.com

©2010 Amgen Inc., Thousand Oaks, CA 91320 and Pfizer Inc. All rights reserved.

© 2010 P&G

- O dyes
- O perfumes
- O worries

Nothing but softness
for sensitive skin

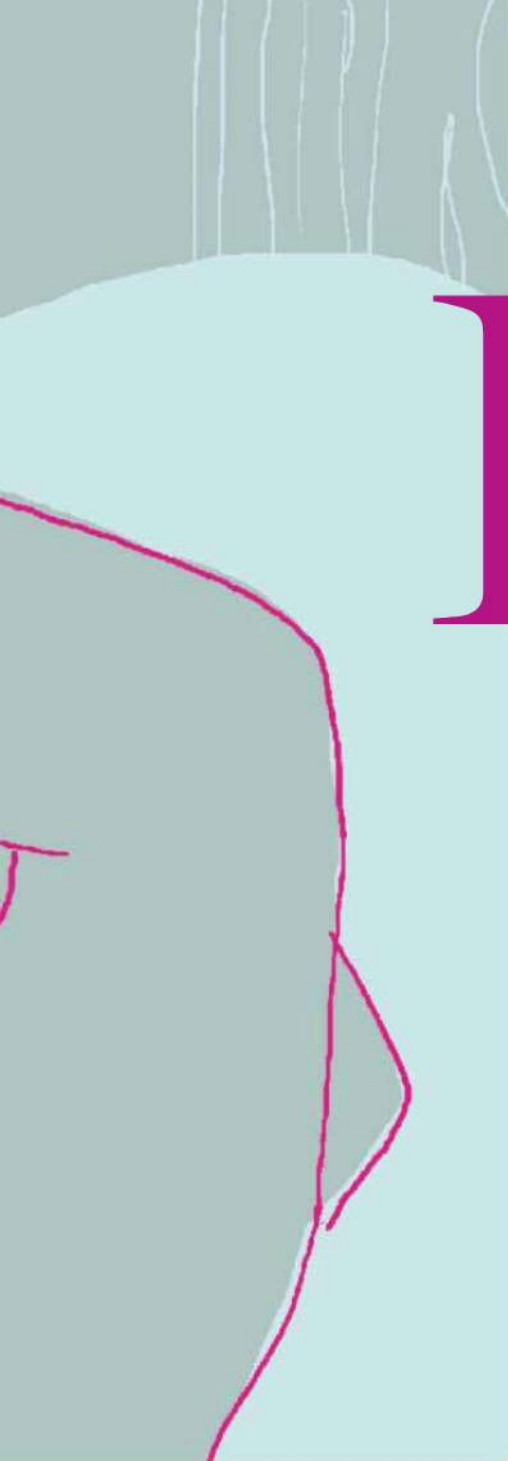
Downy
feel more





YOUR
RED-HOT
SUMMER READ

In REDBOOK's July issue, *New York Times* best-selling author **Jennifer Weiner** introduced you to Piper Garroway DeWitt, a just-turned-40 mom with a high-flying consulting job, a beloved 4-year-old daughter, and a quickly disintegrating marriage. On one roller coaster of a morning, Piper's husband told her he was moving out to be with someone else, her business trip to Paris got kiboshed by a volcanic eruption, and Piper met—and bedded!—an enticing stranger. Catch up with Part I at redbookmag.com/redhotread, and then lose yourself in the sexy, page-turning conclusion of “The Half Life.”



I'm a ghost, Piper thought, as she opened her eyes. Above her, a silk canopy, pale blue, fringed in gold. To her left, the windows, draped in the same heavy, swagged silk. To her right, a nude man who was not her husband, a man named Mark Bancroft whom she'd met in the airport lounge the day before and slept with less than an hour later.

A ghost, she thought again, slipping out of the bed and into the bathroom, scooping up her clothes from the floor along the way. *A ghost in my own town*. She wasn't registered at the hotel—she'd gone right from the cab to this stranger's room. As far as her mother and her daughter and her husband knew, she was in Paris right now, almost half a world away.

The *New York Times* was lying in front of the door. VOLCANIC ASH CONTINUES TO SPREAD, STRANDING TRAVELERS, read the headline, underneath a photograph of a large gray cloud, black shading to silver, enormous and strangely beautiful. *Icelandic volcano*, she thought, and shook her head. Who would ever have believed it?

She scooped up the paper and stepped under the shower, washing quickly, then wrapping herself in a towel and using the tiny bottle of mouthwash and a fingertip to scrub her teeth. She should have felt horrible, sick with shame, racked with guilt, but instead she felt almost giddy, the way she imagined an archeologist just off a particularly rewarding dig would feel. It had all been so different with this new guy, with his lanky body and thin, insistent lips and, most of all, the noises he made. For 10 years of her sex life she'd had nothing but Tosh's silence, punctuated with, at most, a single sharp inhalation of pleasure. Mark was a whisperer, a crooner, even (she blushed to remember) a dirty talker. He'd murmured praise for her breasts as he'd uncovered them, told her, "God, you're gorgeous" as they moved together. He had nuzzled and nipped at her ear and then, spent and sweaty, had slung a companionable arm around her shoulders and said, "I'm going to send that volcano a thank-you note, young lady."

Young lady, she thought, and found that she was smiling, and that she felt wonderful, as if she'd had eight hours of restorative sleep and a foot massage. Once she was dressed, she picked up her shoes and padded, barefoot, back out into the dim room. She found a pad of Four Seasons—embossed stationery and a pen on the credenza just inside the door, considered for a moment, then wrote, *Thank you for a lovely evening*, and signed her first name. She thought about adding her cell-phone number, but decided not to. Maybe she'd see Mark again. She was surprised to find that she didn't much care one way or the other. It *had* been a lovely evening, maybe even a necessary one, but not one she felt an urgent need to repeat. She smiled again, remembering the first time she'd taken her mother out for sushi. "It was interesting," Deborah had pronounced, "but I don't think I'd want to eat it every night."

Which left the question: On this day of between-time, when she could move around anonymous and undetected, when for at least a few more hours everyone who knew her expected her to be half a world away, what *did* Piper want to do?

She put on her shoes in the hall, slipped her bracelet out of her pocket and slid it onto her wrist, but left her rings—her wedding and engagement rings—in her pocket, where they'd been since she passed through airport security. Then, with her laptop bag in one hand and her carry-on in the other, she walked down the carpeted hall to the elevator. It was still early, just before seven, but the lobby was crowded with people who were, literally, her fellow travelers: men in suits and women in skirts and hose and heels, people with jobs like hers, in sales or consulting, work that sent them crisscrossing the country or even the world, living out of suitcases and Skyping their kids to sleep at night. With their computer cases and wheeled carry-ons sitting by their feet like dogs at heel, they frowned into their laptops or talked into their phones.

Piper found an empty chair overlooking the hotel's lush garden, logged into the

Tosh had written that he would always love her—but the letter made it sound like he was already gone.

wireless network, and fired off a quick email to her boss, telling him what had happened and that she'd be taking the day off. Then she folded her laptop and reached into her purse for the letter her husband had put there, the one she'd been avoiding since she'd become aware of its existence on her cab ride to the airport the day before.

It was written on a single piece of graph paper, the kind Tosh used to sketch out his sculptures. The page was stained and crumpled, as if he'd started writing, then stopped, folded the letter in his pocket and left it there, before pulling it out and starting again.

Piper, it began. I've been trying for so long to tell you how unhappy I've been, but you won't—or can't—listen. I am sorry. I know that the situation we're in is as much my fault as yours, and maybe more.

"Ya think?" Piper muttered, scowling down at the wrinkled paper.

The truth is, you don't need me. Not to pay the bills, not to care of Nola, not to run the house. You can do it all yourself, and it turns out that I need to be needed. Mary needs me.

"Mary," Piper said, her lip curling as she pictured the possessor of such an ordinary name. It probably belonged to someone tiny and fragile whose helplessness was her defining characteristic. She pictured Mary, girlish and birdlike, a woman incapable of changing her own lightbulbs or defrosting meat in the microwave, someone who'd look at Tosh with big, wet eyes and breathe, "Oh, thank you," as he fixed her doorbells or tightened her leaky faucets.

When you get home from Paris, we should talk about the next step. I'd like to make it as non-confrontational as possible, and keep Nola's best interests in mind.

There was a wide blank space, as if he'd been sitting there, pen held lightly in his long, fine-boned fingers, thinking... and then he'd written, in his firm hand, *I will always love you.*

Piper gave a shaky, tearful sigh, then folded the letter and put it back in its envelope, put the envelope back in her purse, and settled her purse in her lap.

What now? Tosh had written that he would always love her; the letter made it sound as if he was already gone, as if there was no hope. Besides, how could she make him feel needed in the way he wanted to be? Could she feign incompetence, or quit her own job? Could she make herself small enough so he'd feel big again?

Across the room, a businessman closed his laptop with a snap. Piper gathered her things and got herself moving.

The concierge, a blandly handsome young man in a navy blue suit, sat behind a polished walnut desk. As Piper approached, he gazed up at her happily, as if he'd been waiting all morning for her arrival.

"Hello," she said, sitting down in the upholstered chair across from him. "I wonder if you can help me? I need to rent a car."

"Of course, Madam," he said, and bent to his computer. After five minutes and a murmured phone call, he told her that a rental service would deliver a Lexus to the hotel within the hour, and would she like that billed to her room?

"Oh," Piper said. She bent her head. "I was staying with a friend last night. I—we—we were supposed to fly to Paris, but with the volcano..."

"Of course," said the concierge, rattling his fingers over the keyboard again. "For how many nights will you be joining us?"

"One," said Piper. A plan was beginning to form in her mind, a course of action, the steps she'd take, and, like the spirit in *A Christmas Carol*, she could do it all in one day. She slid her credit card across the desk and, when the man was done with it, asked, "Do you have a pool?"

For the first time, a trace of emotion made itself evident on his face. "Of course we do!" he said, sounding indignant, as if she'd suggested that he'd left the house without pants. "We have a swimming pool with a hot tub adjacent, saunas and steam rooms in the men's and women's locker room, a full-service spa offering massages and body scrubs."

Piper thanked him. She collected her key and took the elevator to the lower level. Her swimsuit was in her carry-on, neatly stowed in its own gallon-size Ziploc bag. When she traveled for business, there were always complications, canceled flights and last-minute delays. She couldn't schlep her running shoes and workout gear on and off the plane, but many hotels had pools, and there was always room to stick a swimsuit in her laptop bag or purse.

In the ladies' locker room, filled with the sounds of chiming New Age music and the chatter from a trio of white-haired women gossiping on their way to the sauna, Piper collected a key for a locker, shucked her clothing, pulled on her suit, and stepped under the shower, then out into the heavy, humid air of the swimming area. The water was perfect, the exact temperature, she thought, of her own blood. Slipping into the shallow end, she did a few laps of breaststroke, then pushed off, hard, against the wall of the pool and propelled herself through

FEEL LIGHT IT'S SKIN SEASON

Vaseline® aloe fresh

A line of lotions that feel
light and fresh on your skin.



She'd felt so
good that
morning,
euphoric,
competent,
and in
control, but
now her
whole body
was shaking,
as if it would
fly apart.

the water for lap after lap, until her face was red and her heart pounding hard, thundering in her chest, reminding her that she was still alive.

An hour later, dressed again and smelling of chlorine and the hotel's conditioner and body wash, Piper cruised into her neighborhood behind the tinted windows of a sedan the color of smoke. "I'm in love with someone else," Tosh had told her—no sense in denying it, or trying to tell herself that she'd misheard or that he hadn't meant it or that he could be convinced otherwise. And if he intended to be with this woman, this Mary, Piper would have to get used to being on her own. The thought—a divorce, a life as a single mother—left her feeling queasy and breathless. She pulled to the curb, putting the car in park and doing the deep-breathing exercises she'd picked up from a pamphlet on in-seat yoga on one of her transatlantic flights—in, hold for a count of five, out slowly, eyes closed, picture your happy place—and then she drove on, heading for the one thing in her life that was certain, the one thing that could anchor her through the coming storms.

She pulled the car into a parking spot across the street from Bright Beginnings. At nine o'clock sharp, Piper's mother, holding Nola's hand, walked her through the school's wrought-iron gate and left her, with a kiss, at the school's red-painted door. Nola wore her pink gingham Windbreaker and the pink sneakers that fastened with Velcro and were encrusted with fake jewels—they had cost sixty dollars, but Piper had been powerless to resist. Underneath her hooded sweatshirt, Piper recognized her daughter's favorite overalls—*ozeralls*, Nola used to call them up until last year, when she was still mixing up her *v*'s and *z*'s.

Nola had inherited the best of both parents—Tosh's slanted cat's eyes and tawny, golden skin and Piper's hair, light brown dusted with gold, that fell down her back in glossy ringlets. As Piper watched, her daughter tucked her lunchbox under her arm and raced into the classroom. Piper felt something inside her, tight as a fist, unclench and relax. "You're a wonderful mother," her own mother had told her—this on Nola's last birthday, when they'd rented a bouncy castle for their backyard and had pizza and juice boxes for the kids and mimosas and beer for the moms and dads. Piper had waved the words away, but Deborah had been unexpectedly insistent. "No. You truly are. It's a pleasure to watch you. You impress me," she'd said, and Piper had tried hard to ignore the note of surprise she heard in her mother's voice, concentrating, instead, on the compliment.

Piper piloted the rental car slowly through her own neighborhood and parked in front of the row house she and Tosh had bought eight years before, a solid, three-story brick structure with window boxes painted to match the front door.

The house was fine; she had enough money and a good job—a job she actually liked, which made her a rarity among working Americans. She was lucky. Yes, lucky, in spite of everything. When her father had left her mother to start his new family, things had been tight for a while, until Deborah finished her nursing degree and got a job with benefits. Piper hadn't known how tight for years, or that it was her grandmother, Deborah's mother, who would step in with a "helping check" when the refrigerator broke or her mother needed money to pay for a field trip or a week at the summer camp Piper just had to attend. "I spent four years of my life scared out of my mind. I practically camped out by the mailbox the first week of every month," Deborah had told her at Nola's birthday party, emptying her glass of orange juice and champagne. "You don't remember any of this?" When Piper said she didn't, her mother looked pleased, as if, by keeping Piper safe from the economic realities of her early years, she'd done her job.

There would be no financial struggles for Piper to hide from Nola, no helping checks or panic over a broken appliance. Nor would Nola be lonely: She had Carleen, a sitter she loved, and her grandmother, who, while a bit prickly, adored her. Nola would be all right. Eventually, Piper would be too. She had her health, friends, a job she liked, good routines that could sustain her. And maybe, someday, she'd have love again... or maybe, she thought, with the morning's smile resurfacing, maybe she'd just have sex. She'd hang around the airport lounge, even when she didn't have a flight to take, she'd pick up men and take them back to a fancy hotel. She'd become notorious, a scarlet woman at 40, with her supersexy cellulite and her C-section scar.

Laughing at herself, Piper turned left down the one-way street, a ghost of a woman in a ghost-gray car, thinking that what she needed now that she'd calmed herself, now that she'd touched the bedrock foundations of her existence, was information... and she knew just who could give it to her.

She pulled up to a Wawa, bought a banana and a bottle of water, pulled her cell phone out of her purse, and dialed her best friend. "Piper!" Sarah, who lived two blocks from Piper's house and had quit her job as a guidance

Thousands of amateur cooks will compete.

Only one will become...

 **MasterChef**

STARTS COOKING
TUE 7/27
9/8c FOX



counselor to stay home with her three children, sounded happy to hear from her. Happy, and relieved. Things had been tense between them since Piper had broken down and confided to Sarah three months earlier that Tosh was sleeping in the basement. Her friend had tried to help, tried to ask if the marriage could be saved. Piper hadn't been ready to listen, or even to admit that the marriage needed saving, but now she was ready to hear whatever her friend could tell her. Looking back on their awkward, anxious conversation, she suspected Sarah must have known more than she'd revealed. It was time to find out.

"Why aren't you in Paris?" Sarah asked over the voice of her youngest demanding more Goldfish crackers, and Piper explained about the volcano. "So you're free?" Sarah asked, sounding envious. "I'll see if I can get a sitter. Can we get lunch? Get facials? Go see a matinee? Your mom's looking after Nola, right?"

Piper paused, not knowing what she was going to ask, not knowing what her friend would say. "Let's have lunch," she said.

She thought it would take a half-bottle of wine to get Sarah to spill. In fact, it took half a glass. Sarah, she realized, knew more than she'd let on and wanted to tell her, had

probably wanted to tell her since she'd found out but knew that she couldn't, that it wasn't her place, and that Piper might be tempted to shoot the messenger instead of her husband.

"She's got terrible teeth," Sarah said, and then polished off the rest of her riesling. Face flushed, eyes sparkling, she looked up at her friend. "And she smells like an ashtray."

"She smokes?" Somewhere, deep inside herself, Piper was curled up and crying, wailing like Nola when she couldn't get her boots zipped or wasn't allowed to stay up late or was denied a third Oreo. But here at the seafood restaurant that looked out over the azaleas that bloomed against the fence at Rittenhouse Square Park, she was calm, her voice steady, her hair, which she'd blown dry in the hotel locker room, combed and neatly twisted on top of her head. In the heels and suit she'd worn to the airport, she looked, she thought, like a strong woman, the master of her own destiny, even though inside she was mourning.

"She's a single mom," Sarah whispered. "She's always at the playground. I'm sure that must have been where they met."

"Does she have a boy or a girl?" Underneath the table, Piper crossed her fingers, clenching them tight, hoping it was a boy. She thought that maybe she could bear the thought of Tosh and another woman—maybe, someday, that would be endurable—but not the idea of Tosh and another little girl, a girl who was not Nola, the daughter they'd made together.

"Boy," Sarah said promptly, and Piper felt herself relax. Sarah's voice cracked as she said, "I wanted to tell you for so long, but I didn't know how."

Piper took a sip of her water, feeling the cubes chatter against her front teeth. Her hand was shaking. She set the glass down carefully and wiped her hand on her napkin. She'd ordered a Caesar salad with grilled shrimp for lunch but knew she wouldn't be able to manage even a bite. "Does he know you know about Mary?"

Sarah shook her head. "I saw them, but they never saw me."

Piper didn't want to know, but she forced herself to ask. "Saw them...?"

"In the park. And the supermarket once."

"Were they..." Before she could say *kissing*, Sarah jumped in.

"Holding hands." She made a face. "He was lighting her cigarette." Rolling her eyes in an extravagant gesture of contempt, Sarah said, "God, who smokes anymore? In front of kids?"

A terrible thought seized Piper. She could feel

the water, and the dregs of the wine she'd had the afternoon before, rise up in her throat. "They weren't with Nola...?"

Again, Sarah shook her head. "No. With her little boy."

The waitress came with their lunches. Sarah took a sip of her soup, then set the spoon down and said, "So what are you going to do?"

"I don't know." Piper's voice was soft. She'd felt so good that morning, euphoric after the sex and the swimming, competent and in control, but now her whole body was shaking, as if it would fly apart. She clenched the muscles of her legs, twined her fingers together, and tried to still the tremor that had started rattling down her spine.

"What would you do," she asked, "if you found out Rob was cheating? If he was in love with someone else?" Piper swallowed hard, feeling as if there was a shard of ice caught in her throat. "Would you fight for him?" It was, of course, a ridiculous scenario—Sarah's Rob, an amiable teacher of social studies, would no more leave her and their children than he would grow another head. "Never mind," Piper said, as her friend opened her mouth. "It's apples and oranges."

"I'd fight for him," Sarah blurted. "For Tosh. He's Nola's father, and you love him."

"He doesn't love me." Piper gulped again at the sound of those unthinkable words hanging in the air, then pressed on. "He said he didn't. He's been saying it for months. I just didn't want to listen."

"Oh, honey." Sarah reached across the table and took Piper's hand. "I don't know. Maybe couples therapy?"

Piper shook her head. She could imagine how that would go: Some patient, well-intentioned person with a couch and a box of Kleenex, asking them questions. Piper would talk and Tosh would get quieter and quieter, sitting perfectly still and self-contained, his handsome face impossible to read, probably counting the moments until he was free and could go to his Mary. Suddenly she was consumed with a desire to see him, to haunt him the way a ghost could, to see who he was when he didn't know his wife was watching.

She murmured an apology to her friend, left money on the table over Sarah's protests, and walked briskly across the park, back to the garage where she'd left the car. Sarah knew Mary's last name and had a vague idea of where she lived. It took Piper only a few taps at her Blackberry to find an address; a bill slipped into the hands of the lot attendant brought her rented car roaring around the corner, and then she was on her way again.

Twenty minutes later, Piper pulled the car up to the corner; a corner that was, in her opinion, an embarrassingly short distance from her own house. She'd provisioned herself with a gossip magazine, a jumbo cup of coffee, and a turkey sub, in case she had to wait. She'd also taken the opportunity to use the ladies' room at the coffee shop where she'd bought lunch, so she'd be good to wait for hours, even until the night. But it took less than an hour before her husband rounded the corner. Her heart stuttered when she saw him, walking with a bounce in his step and a brown paper bag—from the Fooderie, she bet—tucked under his arm. He was wearing his My Morning Jacket T-shirt and the jeans they'd bought together at Bloomingdale's, the day the store had a special consultant—"the jean doctor"—there to tell men which cuts and rinses to buy. "He says I need them shortened," Tosh had reported, and Piper pointed out that she'd been telling him the exact same thing for years. "Yes," Tosh had said, "but you don't have an advanced degree in denim." For years, that had been a joke between them—"Oh, yeah?" Tosh would say, when she said she knew how to cook a duck breast or which preschool was best for Nola. "Where'd you go to denim medical school?"

Piper groaned out loud, wrapped her arms around her torso, bent forward as if she were going to throw up, thinking that this hurt worse than labor or the time she'd broken her arm playing lacrosse when she was 15, that it hurt worse than anything: the loss of their jokes, accrued over years of time together, the way his defection ended their history with the finality of a page being ripped in half. She could hear the bag sloshing as he walked. Tosh used to bring her beer from the Fooderie when Nola was tiny, bottles of peach- and raspberry-flavored Belgian lambic, because his mother had told him that beer was good for nursing women and Piper hated the way most beer tasted. Her fingers were on the handle, ready to fling the car door open and confront him, call him out right there on the sidewalk, but he looked so light, so unburdened, that all she could do was watch and feel sick with grief.

She slipped quietly out of the car and walked behind him, hoping he wouldn't turn around, and knowing, somehow, that he wouldn't... because she wasn't there, not really. Really she was in Paris, sitting quietly in the corner of a conference room with a translator murmuring beside her, or on a plane flying over an ocean... or maybe even a plane that was no longer flying, a plane that had

Suddenly Piper was consumed with a desire to see Tosh, to haunt her husband the way a ghost could.

"I slept with
someone
else last
night," she
finally
blurted,
surprising
herself.

sputtered and coughed and then spiraled down into the sea. When he stepped to the front door of Mary's house, keys in one hand, the brown paper bag tucked tight in his other, she stepped up behind him, whispering his name.

"Tosh."

For a moment, she thought he wouldn't hear her, that he wouldn't turn, that somehow she really was in Paris and this was all a dream. But Tosh spun around, dots of color flaring in the smooth brown skin of his cheeks, eyes bright with shock.

"Piper? What are you doing here?"

She didn't answer. His keys were in the front door, and, through it, faintly, she could hear a woman's voice, calling, "Honey? Is that you?"

Honey, Piper thought, and her heart crumpled. She looked at Tosh and realized that she really was a ghost—that, to her husband, she'd stopped being real months, maybe even years ago.

She looked at him—his smooth, unlined, unblemished skin, his shiny brown eyes that always looked happy and eager and excited, as if he were a boy who'd just run downstairs and found wrapped presents with his name on them piled high on the table. Lean and broad-shouldered, because he'd never miss a workout, his strong, square hands flecked with scrapes and cuts from the knives and stones and chisels he worked with. Handsome Tosh, her beautiful boy.

She was probably wrong about Mary, she reflected, as Tosh stammered questions about what had happened to Paris and did her bosses know she wasn't there. Mary might look small and helpless, but if she was going to take Tosh on, if Tosh was going to let himself be taken on, she was probably, behind the sweet voice and fluttery hands and dithery facade, tremendously competent—because Tosh, her sweet boy, couldn't balance a checkbook or pay a mortgage or parallel park or remember to keep milk and Children's Tylenol in the house. He could, under a silvery July moon, make you feel like the most beautiful woman in the world... but in the end, he'd leave the bed unmade, his pants inside out on the floor, an unpaid parking ticket curled like a mocking tongue on the dining room table, a series of disasters, large and small, for you to cope with.

Tosh was staring at her, the sharpness of his voice cutting through her reverie. "Nola? Is Nola all right?" he asked.

Piper nodded numbly. She hadn't planned a speech, hadn't thought of what to say—*Take me back? Go to hell?*—so when she opened her mouth, she had no idea what would come out.



"I slept with someone else last night," she finally blurted, surprising herself.

His eyes narrowed. His brows knit together, and his flush, which had faded, deepened as though he'd been slapped. She heard him inhale, then watched as he turned, pulled the keys out of the door, closed it, and put them in his pocket. "Well," he said. "I guess you've got every right."

"Tosh... I don't want this," she said. Sorrow rose up inside her, roaring. She didn't want to hurt him; she didn't want him to hurt her. She wanted.... Wordlessly, she took his hand, and, in silence, they walked the short blocks to their row house together.

They fell together into their old, familiar bed, the one where they'd made their daughter, with a basket full of clean, unfolded laundry on one side and Nola's Strawberry Shortcake sleeping bag on the other. Over and over, Piper ran her hands down Tosh's back, drinking in the satiny feel of his skin, the way the muscles fit together, and she gasped as he moved into her, like a key into a lock. And as they rocked and she wept into his neck, she felt the ghostliness leave her body and felt herself, inch by inch, limb by limb, one toe and fingertip at a



would be sadness ahead, her own and her daughter's, but she'd be okay. They both would.

After he'd gone, she took her third shower of the day, washed her hair and pulled it into a ponytail. She put on jeans, a long-sleeved cotton shirt, the clogs she used for kicking around the house or running errands in the neighborhood. Tosh had left his beer in its paper bag on the kitchen table—lambic, like she thought. She poured herself a few swallows of tangy peach-flavored beer and lifted the glass to the light, admiring its color, before drinking it down. Then she slipped her phone into her purse and her keys into her pocket. She packed what she needed into a grocery bag and went to collect her daughter.

"Mama!" Nola hurtled herself into Piper's arms like a guided missile. Laughing, Piper hugged her, brushing a springy curl from her forehead. Nola gazed up at her intently. "But why are you home? Nanna says..." She paused, spread her chubby fingers, each one tipped with pink polish, and considered them: "...four more days?"

"I came home early. I missed my big girl!"

"Missed you too," Nola said, and though she wasn't much of a cuddler—self-contained and self-soothing, she was Tosh's daughter that way—she threw her arms around her mother's neck and allowed herself to be kissed and then carried to the rental car and buckled into the back seat for the drive to the hotel.

Piper slid her key card into the door of the room she booked that morning, and Nola threw herself onto the canopied bed, bouncing vigorously. "None of that," Piper said, tossing Nola her swimsuit. Her little girl's eyes got big. "We can go swimming?"

"We can." Piper pulled on her own suit, put a bathrobe on top, took Nola by the hand, and walked her to the elevator, then to the locker room and then into the warm, shallow waters of the pool. Nola giggled, delighted and wriggling, kicking her plump, sturdy legs as she clung to the silver banister of the stairs, blowing bubbles the way she's been taught. Piper watched, weary and heartsore but hopeful, too, that the two of them would get through this, that they wouldn't lose Tosh as much as see him reinvented, that they would all come through. *All will be well, and all will be well*, she thought, which is what her own mother used to tell her... and then, when Nola's kicks flagged, she scooped her girl into her arms and paddled with her through the water, until their fingertips were pruney and the attendant dimmed the lights and Piper knew it was time to go home. **R**

time, becoming real again. She shrieked and bit his neck and, after, she cried into the crease of his shoulder as he murmured into her ear, over and over again, "I'm sorry, I'm sorry. You deserve better than me."

Afterward, she could breathe again. She could accept it, that he was going; that he was, in fact, already gone.

She could make herself speak calmly about how her trip would, eventually, be rescheduled, about how she'd pick Nola up this afternoon from Bright Beginnings. Tosh asked, diffidently, if he could see his daughter tomorrow, after nap time—if he could pick her up in the afternoon, take her to the park or maybe Sesame Place, give Piper a break—and she agreed. Dressed again in his jeans and the faded blue hipster tee shirt that left a glimpse of his belly exposed, he stood by the front door.

"Well," he said, shifting from one foot to the other as Piper paused on the welcome mat.

She thought about what she could tell him, what she could say that would actually make some sort of sense to both of them. *Goodbye? Be well? Good luck? I'm sorry this didn't work out?* Instead, she said, "We'll be okay." As she said it, she knew it was true. It would be an adjustment, a hard one; there



Jennifer Weiner's newest novel, *Fly Away Home*, is in bookstores now.

Get the Hair You've Always Wanted

Customized *JUST-FOR-YOU* Solutions

There's nothing one-size-fits-all about you. Why should your hair be any different? And, did you know your hair type affects how well your products perform? That's why Pantene scientists have created **NEW** customized solutions for your unique hair structure. Now you can transform the hair you have into locks you love! Intrigued? Read on to learn more...

COLOR HAIR

The chemicals used to color hair change hair's surface, which can leave it looking dull and drab. "Since color-treated locks are altered, they need gentle care and moisture," explains Danilo, Pantene Celebrity Stylist.

The **Pantene Pro-V Color Hair Solutions** products were developed to give color-treated hair a new protective outer layer to help moisturize, prevent color fading, and keep hair shiny and vibrant.

EXPERT TIP: The sun's UV rays are color-treated hair's worst enemy. Protect yours by wearing a hat when outdoors.

CURLY HAIR

In fairy tales, curls are soft and shiny. "In reality, curly hair's twists and turns make for a slow distribution of natural scalp oils," according to Dr. Jeni Thomas, Pantene Senior Scientist. The result? Hair that's dry and lacks definition.

Show your curls some TLC with **Pantene Pro-V Curly Hair Solutions Dry to Moisturized system**, a custom collection that smoothes the hair's surface and controls the movement of moisture.

EXPERT TIP: A diffuser is a curly girl's best friend because its pattern of air flow won't disrupt your curl's natural shape.



"WE'RE NOW CUSTOM CREATING FORMULAS TO DELIVER RESULTS WOMEN WANT."

—Dr. Jeni Thomas, Pantene Senior Scientist

MEDIUM-THICK HAIR

Struggling to keep your hair frizz-free? "The structure of medium-thick hair absorbs up to 40% more moisture than fine hair," says Dr. Thomas.

The **Pantene Pro-V Medium-Thick Hair Solutions Frizzy to Smooth system**** was designed to help seal moisture out and keep hair smooth even into the second day.

EXPERT TIP: Silkening products like Pantene Straighten and Smooth Crème are a secret to making every day a good hair day.

FINE HAIR

With up to 50% less protein than thick strands, fine hair is notoriously prone to falling flat. "One of the biggest problems with fine hair is that the style doesn't hold," explains Danilo.

With **Pantene Pro-V Fine Hair Solutions Flat to Volume system***, you can give locks a lift and get volume that outlasts the 4 o'clock flop.

EXPERT TIP: Give your fine hair a little extra lift by using Pantene Root Lifter Spray Gel and a round brush when blow drying.



FIND THE PRODUCT THAT'S RIGHT FOR YOU AT PANTENE.COM/PRODUCTFINDER

*All day volume: Flat to Volume Shampoo and Conditioner, Root Lifter Spray Gel, and Lasting Volume Hairspray

**Second day smooth: Frizzy to Smooth Shampoo and Conditioner, Straighten and Smooth Crème, and Anti-Humidity Hairspray.

8:00am

4:00pm

8:00pm

can your volume
pass the 4 o'clock flop test?

NEW Pantene. Flat to Volume system.* Put it to the test and see your volume last all day. Pantene found that fine hair has up to 50% less protein** and custom designed a system to give it the power to STAND UP STRONGER, STAY FULL LONGER.†

*For all day volume: Flat to Volume Shampoo & Conditioner, Root Lifter Spray-Gel and Lasting Volume Hairspray.

**vs. thick hair.

†System vs. Shampoo and Conditioner.

PANTENE PRO-V
HEALTHY MAKES IT HAPPEN

Find your solutions at pantene.com



WRIGHT WATCHERS, eat foods and how they eat is the registered trademark of W.W. Foods, LLC and is used under license. WRIGHT WATCHERS for services and POINTS are the registered trademarks of Wright Watchers International, Inc. and are used under license. ©H.J. Heinz Company, L.P. 2010. All rights reserved.

Fast food cravings? How 'bout
smart fast food.



Our new Mini Cheeseburgers are flame-broiled, juicy, cheesy—
and smart, with 200 calories and a **POINTS®** value of 4.



Save at eatyourbest.com.

Body & Mind

It's time to take care of you



Is it time to
change birth
control
methods?
Probably!

Birth control with benefits

Find out what a new method can do for your health and body (besides prevent pregnancy!). By Aviva Patz

Over the last 10 years, you've probably highlighted your hair, moved to a new house, and reorganized your shoe storage four different ways. But when's the last time you considered switching your birth control? If you're drawing a blank, you probably need to reevaluate. Nearly half of the pregnancies in this country are unintended, according to research from the Guttmacher Institute, and *more than half* of pregnancies in women in their 40s are unintended, according to a study in the journal *Family Planning Perspectives*. "If you're not committed to having a baby right now, you need to find birth control that you'll use consistently and correctly," says Anita L. Nelson, M.D., a professor of obstetrics and gynecology at the

University of California, Los Angeles. An additional incentive: There are new options to consider that may provide perks you don't know about, from beating bloat to clearing skin and even improving symptoms like serious menstrual mood swings. REDBOOK talked to top ob/gyns and contraception experts to find out which method will give you the benefit you need most right now.

GREAT OPTIONS FOR... Women with superheavy periods

As we age, our periods tend to change, with many women experiencing heavier flows in their 30s and 40s, Nelson says. If you're one of them, you may consider a contraceptive that has the added advantage of lightening (or even eradicating) your period.

■ Mirena hormonal IUD (intrauterine device)

The Mirena IUD is a soft, plastic device that is placed in your uterus by an ob/gyn and can be left in place for up to five years. In addition to blocking fertilization of eggs—it does this in a variety of ways, from impairing sperm function to thickening cervical mucus—the Mirena also releases low doses of a hormone called levonorgestrel into the lining of your uterus, which can whittle away your period. In studies, the Mirena has been shown to reduce flow by 90 percent after three to six months of use. But there may be intermittent spotting Nelson says.

Effectiveness against pregnancy:
More than 99 percent.

Expert bottom line: “I would call the IUD the best birth control method you're not using,” says Beth Jordan, M.D., medical director of the Association of Reproductive Health Professionals. IUDs are the top form of birth control in the rest of the world, Nelson says—but in the United States, only 2 percent of birth control users choose them. One reason for that could be the upfront cost of the devices: The \$650 average price tag is covered by some health insurance plans, but not all.

■ **Extended-use oral contraceptives**
Nearly any hormonal birth control method

Single and
dating?
Use a condom
to protect
against
STDs.

can be prescribed in a way that will reduce or eliminate the number of periods a woman has, Nelson says. But three brands of the Pill—Seasonale, Seasonique, and LoSeasonique—are specifically approved by the Food and Drug Administration (FDA) to do so. With these brands, you take three months of active pills at a time and have your period only four times a year.

Effectiveness against pregnancy:
92 percent.*

Expert bottom line: “The period you have on the Pill isn't a real period—it's just bleeding, and it's not really necessary,” Nelson says. Since the contraceptive hormones suppress ovulation, the lining of the uterus doesn't thicken and there is no need for your body to slough and expel it with a monthly flow. “I also recommend extended use for some women with menstrual migraine headaches,” Nelson says.

GREAT OPTIONS FOR... Women with major pre-period bloat

A little water retention the week before your period is normal. But if you put on more than five pounds or it really bothers you, talk to your doctor, says Hilda Hutcherson, M.D., a New York City ob/gyn. She may recommend one of an expanding group of birth control pills that have the added benefit of reducing water weight.

■ Yaz or Yasmin

Yaz, Yasmin, and the generic Ocella are birth control pills that contain a type of hormone called drospirenone, which acts as a diuretic to help flush out extra water.

Effectiveness against pregnancy:
92 percent.*

Expert bottom line: Yaz, Yasmin, and Ocella may be particularly good at reducing bloat, but on the whole, any Pill with lower doses of both the hormone progestin (which can stimulate appetite) and estrogen (which can cause fluid retention) may help you slip into your skinny jeans a little more easily than if you were on a higher-hormone Pill.

GREAT OPTIONS FOR... Women with breakouts

There's a long list of hormonal contraceptives that may lead to clearer skin, including the patch, the ring, and the shot, but a handful of brands lead the pack.

■ Pills approved to treat acne

Three types of oral contraceptive are specifically approved by the FDA to treat acne: Yaz, Ortho Tri-Cyclen, and Estrostep Fe. They help prevent breakouts by cutting down levels of the male hormone testosterone, which stimulates oil production. Other Pills that may also have these benefits, according to Nelson: Yasmin, Ortho-Cyclen, Brevicon, Ovcon-35, and Mircette.

Effectiveness against pregnancy:
92 percent.*

Expert bottom line: Look for clearer skin in about two months. “The nice thing is research has found that women's skin keeps getting better month after month,” Nelson says.

GREAT OPTIONS FOR... Women with serious premenstrual mood swings

■ A Pill approved for mood problems

In addition to reducing bloat, the oral contraceptive Yaz is also FDA-approved to treat premenstrual dysphoric disorder (PMDD), a severe form of PMS that as many as 10 percent of reproductive-age women may deal with. Oral contraceptives in general tend to reduce hormone fluctuations, which can ease mood swings—but Yaz also has more active pills (24, compared with the normal 21) to keep hormone levels even more stable. It's that yo-yoing during

Dear Bio-Oil

I picked up Bio-Oil on a whim while walking through CVS/pharmacy. The product works. I am 47 years old and I have a few stretch marks, a couple of old faded scars, and dark bags under my eyes. After using Bio-Oil the appearance of the stretch marks is better, the bags are less noticeable (I get compliments all the time now on how young my face looks) and the scars also look way better.

I will continue to buy Bio-Oil. It works.

Regards

Phenix Hall

10/26/08

16:06

Printed with the kind permission of the writer.

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for aging and dehydrated skin. Bio-Oil absorbs quickly and leaves no oily residue. It is suitable for all skin types and should be applied twice daily. Bio-Oil is available at drugstores and selected retailers from \$11.99 (2fl.oz.) and \$19.99 (4.2fl.oz.). Individual results may vary. For more information ask your pharmacist or visit bio-oil.com.



THE NO.1 SELLING SCAR AND STRETCH MARK PRODUCT IN
ENGLAND (NLS, 2009)
CANADA (Nielsen, 2009)
NETHERLANDS (Nielsen, 2009)
AUSTRALIA (Nielsen, 2008)
SOUTH AFRICA (Nielsen, 2009)
MALAYSIA (Nielsen, 2009)
NEW ZEALAND (Symovate Artec, 2008)
Full references at bio-oil.com



the second half of your cycle that often triggers PMDD symptoms like anxiety and persistent sadness.

Effectiveness against pregnancy: 92 percent.*

Expert bottom line: A bit of moodiness is normal for the 75 percent of women who experience at least a touch of PMS, but if you feel significantly worse during the week before your period and it's affecting your life, don't hesitate to call your doctor and discuss your options, Hutcherson says. Antidepressants taken only during certain times of your cycle are also a commonly prescribed treatment for PMDD.

GREAT OPTIONS FOR... Women with down- there dryness

Research suggests that two thirds of women will experience pain during sex at some point in their bedroom lives. One top reason? Dryness. Aside from a good water-based lubricant, there's a birth control method that can slippify things too.

■ Vaginal hormone ring (NuvaRing)

The NuvaRing is a flexible plastic ring you insert in the vagina and leave in place for three weeks a month. It steadily releases progestin and estrogen to block ovulation.

"The ring delivers estrogen directly to the vaginal tissues, so some women will notice more lubrication," Hutcherson says.

Effectiveness against pregnancy: 92 percent.*

Expert bottom line: "It's easy to insert—it can go anywhere in the vagina and still be effective," Nelson says. The extra lubrication is "a nice little bonus," Hutcherson says.

GREAT OPTIONS FOR... Women who don't want to take hormones

Some women seem to have unpleasant side effects no matter which Pill (or patch, shot, or ring) they try, Hutcherson says. And others may have health reasons to avoid hormones: Smokers and obese women over the age of 35 should use estrogen-containing contraceptives with caution, Nelson says, because of the increased risk of stroke and blood clots. Barriers like the diaphragm, sponge, and cervical cap have no hormones—but with typical use, they're only between 68 and 84 percent effective. If you want something more effective and long-term, these methods get rave reviews:

■ ParaGard copper IUD

This small, T-shaped device is placed in your uterus by a doctor during a short

office visit. Like the Mirena IUD, it keeps eggs from being fertilized by sperm. It lasts twice as long as the other IUD—up to 10 years. On average, the ParaGard costs around \$500, and may or may not be covered by your insurance.

Effectiveness against pregnancy: More than 99 percent.

Expert bottom line: The ParaGard IUD is one of the most effective reversible contraceptives available. "And you don't have to think about it or remember to take a pill," Hutcherson says. That said, you should know there's a possibility that periods will be a little less pleasant: "It increases menstrual flow and cramps for some women, but not all," Hutcherson says.

■ Essure sterilization coil

Okay, this one is only for someone who's sure she's done having kids: Essure is a metal coil inserted into the fallopian tubes by a doctor during a 10-minute procedure. Over a period of three months, it causes scarring that blocks the tubes, making it impossible for eggs to be fertilized. It's covered by many insurance plans.

Effectiveness against pregnancy: More than 99 percent.

Expert bottom line: Essure is hugely effective, and less invasive than tubal ligation. But remember: This one's *permanent!* **R**

Even more birth control perks!

Three other positive contraceptive side effects you might not know about.

The perk	The options	Why it works
Fewer headaches	Low-estrogen birth control pills such as Alesse, Levite, Yaz, Mircette, or Lo-Estren 24	Although these Pills can't prevent menstrual migraines, lower estrogen eases water retention, which can contribute to PMS-related headache pain.
Fewer vaginal infections	NuvaRing vaginal contraceptive ring	The additional lubrication women who use the ring experience may help fight recurring bacterial vaginosis infections.
Lower ovarian-cancer risk	All oral contraceptives lower your risk of ovarian cancer; the longer oral contraceptives are used, the lower the risk may be.	Ovulating fewer times over your lifetime reduces the chances of cell changes that can lead to ovarian and uterine cancers.



Taste how sweet and refreshing a little honesty can be. Try the first natural sweetener with zero calories and a clean sweet taste that's born from the leaves of a stevia plant. Find it at your grocery store. Find out more at truvia.com



©2010 Cargill, Incorporated. All Rights Reserved. Truvia™ and honestly sweet™ are trademarks of The Truvia Company LLC.



Stay fit through your pregnancy

Fewer than one in four moms-to-be get enough exercise, a new study from the University of North Carolina at Chapel Hill found. What's "enough"? A half hour of moderate-intensity activity such as yoga, swimming, or fast walking most days of the week, according to the American Congress of Obstetricians and Gynecologists. It's important to get this recommended activity, because it may **reduce your risk of complications like preeclampsia and gestational diabetes**, says study author Kelly Evenson, Ph.D. Staying active could make your labor easier too. How's *that* for motivation to get to the gym?



Get more from your multivitamin

If you're used to popping a daily multivitamin in the morning, you might be losing some of the healthy benefits you'd get if you took it with a bigger meal—say, at lunch or dinnertime. Why? Some of the most important vitamins, including A, D, and E, are fat-soluble, meaning they require the presence of dietary fat in order to be used by the body. In fact, a new study from the Cleveland Clinic in Ohio found that **people's bodies absorbed 56 percent more vitamin D when they took a supplement with their largest meal of the day**. Experts don't know exactly how much fat you need to get that benefit, says senior study author Angelo Licata, M.D. But unless you're an egg-and-bacon kind of girl, play it safe and take your multi with lunch or dinner.

Yes, You Can *be healthier this month*

Silence your stress

Anyone who's listened to a 2-year-old scream, "Mine!" for 10 minutes knows that loud noises are agitating. But for some, a din can cause insomnia and even aggression, according to a new survey. Sounds like blaring car alarms and construction noises trigger your body's production of cortisol, a stress hormone that has been linked to increased belly fat, high blood pressure, and even heart disease. Foam earplugs from the drugstore are a fabulous quick fix for all kinds of noisy situations, says Craig A. Kasper, a New York City audiologist (that's a hearing expert) and spokesperson for Hear the World, the organization that did the survey. White-noise machines are a good option too. If you can't escape or cover up an irritating noise, you can lower your stress level by taking a break from it: Walk around the block or grab coffee in a quiet corner.



PRISTIQ® (desvenlafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

Important Safety Information About PRISTIQ®

Suicidality and Antidepressant Drugs

Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

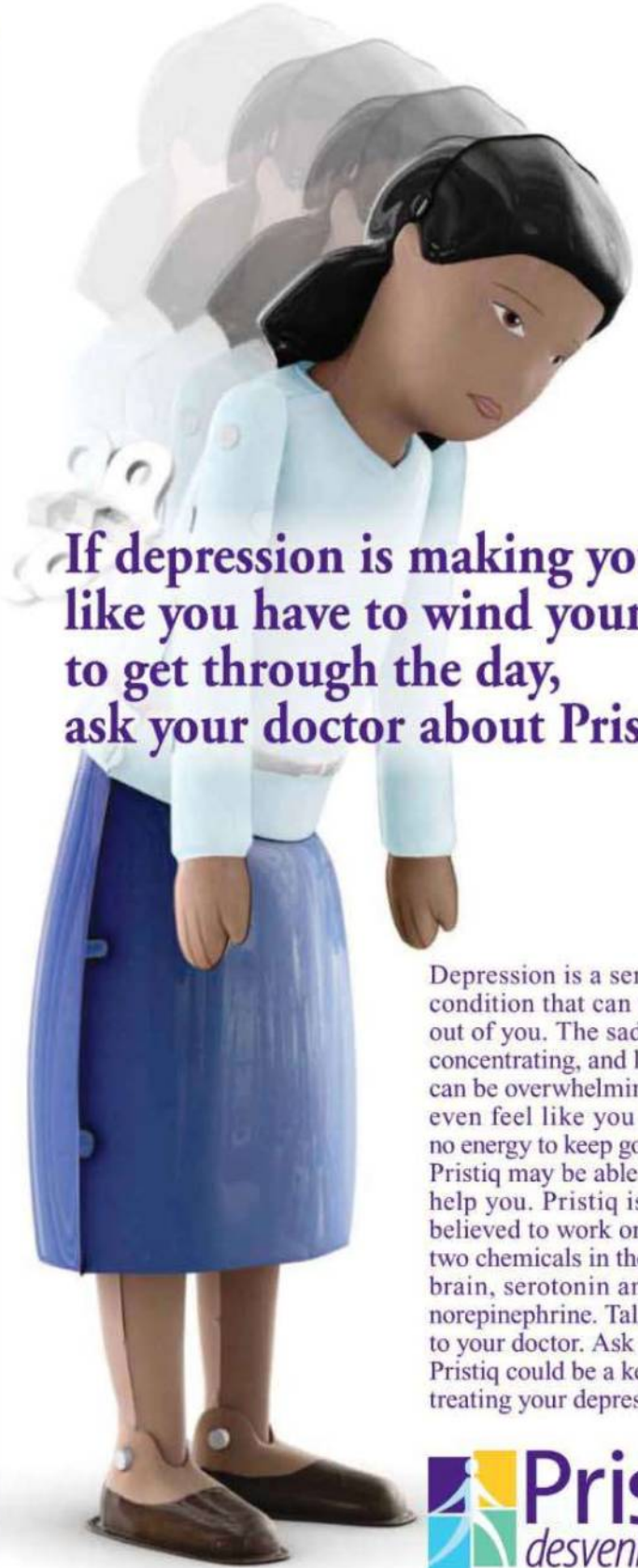
People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or mood disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, or have low sodium levels in your blood
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Brief Summary of Prescribing Information on next page.



If depression is making you feel like you have to wind yourself up to get through the day, ask your doctor about Pristiq.

Depression is a serious medical condition that can take so much out of you. The sadness, trouble concentrating, and loss of interest can be overwhelming. You may even feel like you have no energy to keep going. Pristiq may be able to help you. Pristiq is believed to work on two chemicals in the brain, serotonin and norepinephrine. Talk to your doctor. Ask if Pristiq could be a key in treating your depression.



 **Pristiq®**
desvenlafaxine
EXTENDED-RELEASE TABLETS

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Visit Pristiq.com or call 1-800-PRISTIQ (1-800-774-7847)

IMPORTANT FACTS ABOUT



Pristiq
desvenlafaxine
EXTENDED-RELEASE TABLETS

(pris•teek')
Pristiq® -
(desvenlafaxine)
Extended-Release
Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

This Medication Guide has been approved by the U.S. Food and Drug Administration for all antidepressants.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq?

Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

• **Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions**
Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- sibutramine
- tramadol
- medicines used to treat mood disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs)

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- See the beginning of this page.
- Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- nausea
- anxiety
- irritability
- sleeping problems (insomnia)
- sweating
- abnormal dreams
- tiredness
- diarrhea
- headache

Seizures (convulsions)

- **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal. Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- headache
- dry mouth
- sleepiness
- dilated pupils
- insomnia
- constipation
- loss of appetite
- tremor
- diarrhea
- vomiting
- anxiety
- dizziness
- decreased sex drive
- delayed orgasm and ejaculation
- sweating
- tiredness

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

Uninsured? Need help paying for Pfizer medicines?

Pfizer has programs that can help. Call 1-866-706-2400 or visit www.PfizerHelpfulAnswers.com.

**helpful
answers**



My beauty is more
than fur deep.

I am more than just a cat.

I am an **IAMS** cat

IAMS with PreBiotics. Now in dry and wet.

IAMS with PreBiotics works inside the digestive tract to promote healthy digestion and strong defenses. Healthy inside. Healthy outside.

See the power of IAMS with PreBiotics at iams.com



IAMS with
PreBiotics


Life's Better on IAMS



The Naked Truth

Your big O questions, answered

I got several letters this month about the all-powerful orgasm, and it's an important topic. Not only do orgasms feel amazing, but they're good for you too: Having them has been shown to release chemicals that reduce blood pressure and depression, for starters. So this month, I'm devoting my column to this health issue, from what to do if you can't reach climax (rule number one: Don't feel bad about it!) to how to enjoy the ones you *are* having even more.



Real ones
are more fun,
Sally!

Q I'm a healthy woman with a satisfying love life, except that I can't have an orgasm! I feel like there's something's wrong with me, and it's hurting my relationship. What can I do to achieve one?

A The good news: Every woman is capable of having an orgasm. Yet approximately 10 percent of us never have, and most women do not experience one during intercourse. The best thing you can do to achieve the big O is to stop *trying* to have one. Yup, you read that right! If you attempt to force it, the pressure to perform is likely to short-circuit your pleasure in no time. To experience orgasm, you need to be relaxed—and you also need the right stimulation for an adequate amount of time.

I'm betting you don't know what the "right" stimulation is for you. So start your orgasm quest by exploring your body to find your most sensitive area. For most women, that would be the clitoris. For others, it is inside the vagina—near the G-spot (along the front wall) or deeper in, near the cervix. Or it may be the labia, nipples, or your belly button. It's different for every woman, so leave no body part untouched! Then, once you've found it, slowly stroke and massage your newfound happy place, trying to relax and focus on the sensations you're feeling. In time, orgasm will follow. Once you learn how to do this for yourself, you can share your knowledge with your partner. Remember: You are responsible for your own pleasure. Don't wait for someone else to come around and accidentally discover your sweet spot, or it may never happen!



Hilda Hutcherson, M.D., is a clinical professor of obstetrics and gynecology at Columbia University's College of Physicians and Surgeons in New York City and the author of *Pleasure*. Send your questions to her at askhilda@redbookmag.com.

Q When I orgasm, I actually push my partner out of me! I've tried not to come during sex, but that makes us feel less intimate.

Is there a way to fix this problem?

A Congratulations! You have the pelvic-floor muscles most women can only dream of having. Here's what's happening: When you experience orgasm, those muscles contract. Yours are very strong, and that's a good thing—stronger muscle contractions lead to more intense orgasms. The next time you feel one on the way, lie in the missionary position and pull your knees up against your chest. This opens your vagina up so your partner can go in deeper. If he is fully inserted and erect, it will be difficult for him to slip out. In fact, the contractions will most likely give him added pleasure. You can also get on top—that way, you'll have gravity on your side when climax hits!

Q I feel like it takes forever for me to have an orgasm. Why does it take so long?

A This is one of the most common questions I'm asked. While the average man may reach his peak in three to five minutes, it usually takes a woman 12 to 15 minutes of continuous stimulation—and sometimes longer—to climax during sex. But there's no such thing as "taking too long." Focus on the pleasure you're experiencing (no reviewing your to-do list or obsessing about your belly bulge) and don't worry about the amount of time you need. If you want to up the odds that you'll have an orgasm during intercourse, increase the time you spend on foreplay and start sex when you're almost over the edge. Or you can reach orgasm before sex begins—hey, ladies first! **R**

When you lose up to
2 to 5 lbs a week
with Medifast, you'll
feel terrific. And so
will your doctor.



TRUST MEDIFAST.

THE PROGRAM THE DOCTORS
RECOMMEND.



**Toni lost
50 lbs!†**

Results will vary.



Medifast®

Recommended by over 20,000 doctors since 1980.

**2 WAYS
to SAVE!***

\$25 OFF*
(use code RBAG25)

OR

\$50 OFF*
(use code RBAG50)

(800) 971-7295
MedifastBook.com



*Save \$25 on your purchase of \$150 or more, or save \$50 on your purchase of \$275 or more. Limit one per customer. Not valid with prior purchases, V.I.P. Membership, or any other promotions or discounts. Offer expires 10/31/10. See Web site for complete details on program and discounts.
†The success story represented in this advertisement lost weight using a Medifast Weight Control Centers® Program. Consult your physician before beginning a weight-loss program.

What I Did For Me

Pick your perfect way to lose weight

You're about to meet five women who took five different approaches to dropping pounds. They all work; choose the one that feels right for you—and please send us your amazing before and after photos!
By Gina Shaw and Nicole Yorio

Alesia,
44 pounds
lighter



Alesia,
before



"I kept a detailed food journal"

Alesia Kirkpatrick, 42, Tyler, TX
Current weight: 120; height: 5'5"; pounds lost: 44

HER WEIGHT-LOSS WAKE-UP CALL: "Four years ago, my son Jamie got married. It was a wonderful time filled with happy memories. But, sadly, it was marred by one thing: the way I looked in the photographs taken to commemorate it. One picture in particular, snapped at my daughter-in-law's bridal shower, had a huge impact on me. I realized I'd gotten fat, and I was disgusted with my appearance. The pounds had crept on through my 20s and early 30s—I knew I was overweight, but it always seemed too hard to do anything about it. I tried walking for exercise a few times, but I managed to find any excuse I could to skip it: I was too busy, I needed to go grocery shopping, I should do laundry. But seeing those wedding photos made me realize that I'd been ignoring my most important to-do of all: taking care of myself. I knew it was time to focus on my own health and happiness, starting with my weight."

WHAT SHE DID: The first call Alesia made was to her friend Denise, a dietician. "She suggested I start a food journal so I could see exactly what I was eating," she

says. Once they got the lay of the land, they could talk about how to fix Alesia's biggest diet issues. What became instantly clear was that Alesia was taking in too many calories, around 3,000 a day, partly because she ate out so often. For breakfast she'd have doughnuts or a biscuit with egg, bacon, and cheese. Lunch was burgers, Mexican, or pizza. Then she'd end every night with a big bowl of ice cream. "Denise taught me how to count calories and told me how many I should be eating for weight loss, which was 1,500 a day," she says. She started cooking more—restaurant meals often have much more fat and calories than homemade dishes—and ordering smarter when she was out. Breakfast became a scrambled egg with toast or yogurt and low-fat granola. "I still went to restaurants at lunch with work friends, but I ordered from the kid's menu, since adult portions can be big enough for two or even three people," she says. "When we went to fast-food places, I'd look up the calorie counts online beforehand so I knew exactly what I was eating." For dinner she'd whip up grilled chicken or turkey cutlets with veggies. "My then-husband—we're now divorced—didn't want any part of the healthy dinners I was making, but I didn't let that stop me. If he wanted pizza, he could order it for himself, and he often did." Alesia stuck to her plan and lost 44 pounds over the course of eight months. ►

Want to brag about your weight-loss success? Email your story (with before and afters!) to redbook@hearst.com (subject: Weight Loss).



**MORE
TO LOVE**



17 *for* **90**

CRACKERS CALORIES

Now get a satisfying snack
and still stay on track.



WHY HER PLAN WORKED: Writing down what you eat helps you easily pinpoint troublesome diet patterns, such as eating out at restaurants too often or waiting so long between meals that you become ravenous and binge when you finally do sit down to eat. “Research shows that people who keep food journals lose twice as much weight as those who don’t,” says Carolyn O’Neil, R.D., a registered dietitian in Atlanta and coauthor of *The Dish on Eating Healthy and Being Fabulous*. “It doesn’t matter if what you record is in a detailed smartphone app or if it’s just scrawled on an envelope. The very act of being self-aware and writing down, ‘This is what I ate today,’ makes you think twice about what you’re putting in your mouth.” And though counting calories may seem old-fashioned, it can help immensely, especially when you’re just getting started, O’Neil says. Once you get accustomed to the types of foods you’re eating, where your trouble spots are, and what healthy portions should look like, you’ll likely be able to let go of the actual mealtime number-crunching.

“I work out six days a week”

Kuae Mattox, 44, Montclair, NJ
Current weight: 143; height: 5’8”; pounds lost: 42

HER WEIGHT-LOSS WAKE-UP CALL: “On my 43rd birthday, I got on the scale and really didn’t like what I saw. I weighed 185 pounds. My weight had crept up a bit with each of my three pregnancies, and all of a sudden, the kids were *numero uno* and I just didn’t focus on myself at all. I would always just say, ‘Oh, it’s baby weight’—but it’s no longer just ‘baby weight’ when your youngest is 5 years old! I didn’t want to go on a ‘diet’ that would end at some point and then gain all the weight back; I wanted to make life changes that would last. So I decided to give myself a 43rd-birthday present: one hour a day, just for myself, to spend exactly how I wanted—and where I wanted to spend it was the gym.”

WHAT SHE DID: Kuae began a consistent program of cardio and strength training. “I joined the YMCA, and I work out six days a week, with just Saturdays off,” she says. She alternates toning and weight-training classes on Mondays, Wednesdays, and Fridays with cardio classes like spinning on Tuesdays, Thursdays, and Sundays. Working out six days a week is quite a



commitment, but with all of her children now in school, Kuae was able to make it a priority—and now sees this time at the gym as absolutely key to her health and happiness. “Exercising for me has become almost a spiritual journey,” she says. “Being active makes me feel more complete, more whole, and more comfortable and confident in my own skin. I think it’s affected the way I relate to everyone from my own kids to people I meet on the street. I used to wonder how people found time to work out, but now my theory is that if you can’t find one hour out of 24 for yourself, then you need to reassess because there’s something wrong.” Kuae was never a terribly unhealthy eater but says, “I started eating a little smarter too—I stopped eating dessert during the week and I kept an eye on portions. Today, I’m in the best shape of my life, and it feels wonderful!”

WHY HER PLAN WORKED: Many women who are trying to lose weight ignore strength training and focus only on doing cardio like jogging or elliptical training. But the more lean muscle you can build through toning exercises like weight lifting and push-ups, the higher your metabolism climbs—and the more calories your body can burn all day long. (The calories Kuae expended *during* her workouts were key too. Let’s say that she burned an average of 300 calories a pop; those six weekly gym sessions likely melted away somewhere close to a half-pound of fat each week.) And cutting back on dessert didn’t hurt either. “A happy side effect of focusing on exercise is often that we also focus more on our diet as well, thinking about healthy lifestyle changes all across the board,” O’Neil says. “Taking time for yourself is so important.” ▶

**THE SECRET TO
REMOVING
UP TO **5x**
MORE PLAQUE*
IS YOURS
FREE.**

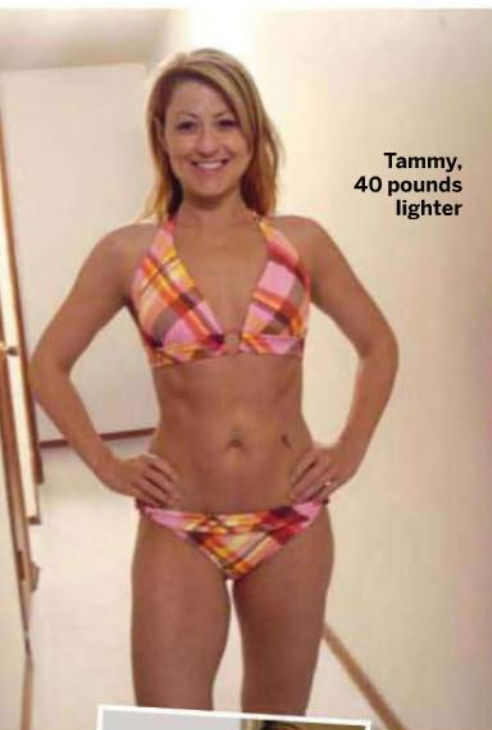


Advance White® Brilliant Sparkle® with
Baking Soda dissolves deep-down for the
true taste of clean.™

*In hard-to-reach places
vs. ordinary toothpaste.
Data on file.

TRY IT FREE FOR A WEEK
Go to armandhammertrial.com





Tammy,
40 pounds
lighter

"I only let myself watch TV while I'm working out."

Tammy Stewart, 34,
Edmonton, Alberta, Canada
Current weight: 110; height:
5'3"; pounds lost: 40

HER WEIGHT-LOSS WAKE-UP CALL: "When I was only 12 weeks pregnant with my daughter, Maddisyn, her dad broke up with me. I couldn't believe I was going to have to raise her on my own. When she was born at 2 pounds, 14 ounces when I was only six months along, I was upset, lonely, and scared. I'd had a C-section, and my daughter spent almost three months in the neonatal intensive care unit.

But once I brought her home, I had an epiphany: I could be depressed about what had gone wrong in my life, or I could focus on what was right. Maddisyn and I were healthy and had bright futures. I wanted to start that future off right by losing the baby weight."

WHAT SHE DID: Like any new mom, Tammy had very little time to spare. "I bought an elliptical trainer and a bunch of DVDs of television shows I liked but never had time to watch," she says. "I swore I'd only watch them when I

was working out. So whenever my daughter was sleeping, I'd get on the elliptical and reward myself with my shows." She also improved her diet: While she didn't eliminate foods she loved, like bacon or ice cream, she made them occasional treats. "Everyone said, 'You'll never get back to the way you were,' but I've proved them wrong," Tammy says. "Losing this weight as a single, working mom makes me feel I've achieved something. Things aren't out of my control."

WHY IT WORKED: "Tammy connected exercise with rewards, something you look forward to. It's like Pavlov's dog: training yourself to expect something good when you do a certain task," O'Neil says. "You can do this same thing with diet too." Another way to make exercise fun: Make a check mark on the calendar each day you exercise. When you reach 10 check marks, treat yourself to a manicure!



Tammy,
before

"I cut out sugary, white carbs"

Elizabeth Mwanga, 34, Queens, NY
Current weight: 100 pounds; height: 5'1";
pounds lost: 105

HER WEIGHT-LOSS WAKE-UP CALL: "Three years ago, my mother found me unconscious on my living room floor. She rushed me to the hospital, where I spent four days in the intensive care unit. I had developed a serious case of late-onset type 1 diabetes, partly because of obesity. The doctors said my insulin levels were so out of whack I could have lapsed into a coma. I weighed 205 pounds at just 5-foot-1, and was told that if I wanted to live a long life, I would have to lose weight."

WHAT SHE DID: Elizabeth overhauled her diet. Instead of fast food, she now piles her plate with vegetables, whole grains, lean meats, nuts, and beans. And she eats few simple, low-fiber carbohydrates such as sweets, white bread, and white rice. (Diabetics have to be very careful about carbs to keep insulin levels normal.) Elizabeth also started exercising slowly, working up to cardio and weight-training classes four times a week. "It took me 19 months to lose the weight, but I gained a new life," Elizabeth says. "I'm more confident at work, and after two years of not dating, my schedule is full! It's not just about how I look—it's how I feel."

WHY HER PLAN WORKED: Replacing simple carbs with whole foods and protein is key for weight loss: "Protein keeps you satisfied and helps protect you from losing muscle while dropping weight," O'Neil says. And eating protein together with high-fiber whole-grain breads and cereals (instead of refined fare) helps control appetite and keep blood sugar stable. ►



Elizabeth,
105 pounds
lighter



Elizabeth,
before



THE SECRET THAT CHANGES WHAT YOU KNOW ABOUT WHITENING.

ARM & HAMMER® Whitening Booster.

Now with 3X more whitening agent than a leading strip.*
Apply over your regular toothpaste and get up to 4 shades
whiter†, everywhere you brush. **All for around \$5.**

*when used as directed

†in just 6 weeks when used as directed



Also try new Whitening Booster
Plus Enamel Strengthening

SWITCH TO ARM & HAMMER® AND SAVE.

ahwhiteningbooster.com



*Now kids have their own,
fun way of getting fiber.*



With a good source of fiber in each serving of these cereals your kids love, Kellogg gives kids a great-tasting way to start their morning.

Kellogg's makes fiber **FUN**™

Sheri,
140
pounds
lighter



"I made one small change at a time"

Sheri Harkness, 41, The Poconos, PA
Current weight: 142; height: 5'8";
pounds lost: 140

HER WEIGHT-LOSS WAKE-UP CALL:

"In March 2007, I went to my doctor for a routine physical. The scale said 282 pounds. My first thought was, *Gosh, I'm so glad I don't weigh 300.* My next thought was, *What's wrong with me?* It was not normal to think that way. My weight wasn't healthy. My doctor told me that I had high blood pressure and was at risk for diabetes because of it. I was only 39 years old and was being spoken to as if I were 59. Almost immediately, I began planning my new way of life."

WHAT SHE DID: Sheri knew that if she tried to make drastic changes all at once she wouldn't stick with them, so she planned out a series of baby steps she could take toward a healthier diet and lifestyle. Her first move: "I completely cut out soda—I had been drinking up to two 2-liter bottles a day," she says. Next, Sheri trimmed portions. "For the first two weeks, I continued to eat all of the fattening foods that I enjoyed; I just cut my serving sizes in half. With that and quitting soda, I dropped 10 pounds in 14 days." For exercise advice, she turned to

her younger sister, who's a personal trainer. "She told me to start simple with 15 minutes three days a week on the treadmill, walking or jogging fast enough that it was hard to carry on a conversation," Sheri says. "I was astounded and ashamed at just how difficult that was for me—I would be dripping with sweat by the end and other people in the gym would be staring at me." After a month, Sheri added weight training on the machines at the gym after her walks. She also started eating healthier: lean meats and fish, whole-grain breakfast cereals, fresh fruit, and vegetables. Over a period of about two years, she lost 140 pounds. "The weight loss has changed my life profoundly," Sheri says. "I am more positive and energetic. I set small, attainable goals for myself, and knowing that I can achieve them tells me that I can do anything else I set my mind to."

WHY HER PLAN WORKED: Trying to change too many habits at once can be overwhelming—and it's a major reason many diets fail, O'Neil says. Whether you have five pounds to lose or 100, it might make sense for some women to take things slowly. "If you say, 'I'll never eat ice cream again,' you're setting yourself up for failure," O'Neil says. "Cutting back slowly on your eating indulgences, like Sheri did, can help you commit to new habits that you can live with for a lifetime." **R**



Fiber is
an important part
of every kid's diet.

But 9 out of 10 kids
are actually falling short
of getting their
recommended
daily fiber intake.

How can you
be sure
your kids' cereal
is a good source
of fiber?

Flip your kids' cereal package
and check the side panel
for 3 grams of fiber
per serving.

It's an easy way to be sure
your kids are on their way
to getting the fiber they need.

Kellogg's
makes fiber
FUN™

visit Kelloggsnutrition.com

©, TM, ©, 2010 Kellogg NA Co.

Important Safety Information About CIMZIA® (certolizumab pegol)

What is the most important information I should know about CIMZIA?

CIMZIA is a medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA, including tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before starting CIMZIA. Your doctor should monitor you closely for signs and symptoms of TB during your treatment with CIMZIA.

Certain Types of Cancer

There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents. CIMZIA is not approved for use in pediatric patients. For people taking TNF-blocker medicines, including CIMZIA, the chances for getting lymphoma or other cancers may increase. People with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.

Before starting CIMZIA, tell your doctor if you

- Think you have an infection. You should not start taking CIMZIA if you have any kind of infection, are being treated for an infection or have signs of an infection such as fever, cough or flu-like symptoms or if you get a lot of infections or have infections that keep coming back.
- Have any open cuts or sores
- Have diabetes or HIV
- Have TB, or have been in close contact with someone with TB
- Were born in, lived in, or traveled to countries where there is more risk of getting TB. Ask your doctor if you are not sure.
- Live or lived in certain parts of country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may develop or become severe if you take CIMZIA. If you do not know if you have lived in these types of areas, ask your doctor.
- Have or have had hepatitis B
- Have or have had any type of cancer
- Have congestive heart failure

- Have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to receive a vaccine. Do not receive a live vaccine while taking CIMZIA
- Are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.
- Especially tell your doctor if you take: Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab), or another TNF blocker. You have a higher chance for serious infections when taking CIMZIA with these medicines. You should not take CIMZIA while you take one of these medicines.

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

What are the possible side effects of CIMZIA? CIMZIA can cause serious side effects including:

Heart Failure including new heart failure or worsening of heart failure you already have; **Nervous System Problems** such as Multiple Sclerosis, seizures, or inflammation of the nerves of the eyes; **Allergic Reactions**. Signs of an allergic reaction include a skin rash, swollen face, or trouble breathing; **Hepatitis B virus reactivation in patients who carry the virus in their blood**. In some cases, patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood; **Blood Problems**. Your body may not make enough of the blood cells that help fight infections or help stop bleeding; **Immune reactions including a lupus-like syndrome**. Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects of CIMZIA are: upper respiratory infections (flu, cold), rash, and urinary tract infections (bladder infections).

Other side effects have happened in some people including new psoriasis or worsening of psoriasis you already have and injection site reactions.

You are encouraged to report negative side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary on following pages.



For treatment of adults with moderate to severe Rheumatoid Arthritis

**Cimzia. RA relief that can help
you get a better grip on life.**



Fast, Lasting Cimzia has been clinically proven vs. placebo to reduce RA pain, stiffness and fatigue in as little as 1-2 weeks for some patients. The majority experienced RA signs and symptoms improvement within 6 months which lasted through 1 year and prevented further joint damage. Your results may vary. Based on what you and your doctor decide, Cimzia can be injected every 2 or 4 weeks after initial dosing.

Ask your doctor about the benefits and risks of Cimzia.

Pre-filled syringe designed for ease and comfort in partnership with **OXO GOODGRIPS**

Please read the Important Safety Information on the adjacent page.



cimzia[®]
(certolizumab pegol)

Visit cimzia.com/RA
Call 1-877-793-6410

Consumer Brief Summary for Cimzia®

CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION.

cimzia®
(certolizumab pegol)

Read the Medication Guide that comes with CIMZIA before you start using it, and before each injection of CIMZIA. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

What is the most important information I should know about CIMZIA?

CIMZIA is a medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.

- Your doctor should test you for TB before starting CIMZIA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with CIMZIA.

Before starting CIMZIA, tell your doctor if you:

- think you have an infection. You should not start taking CIMZIA if you have any kind of infection.
- are being treated for an infection.
- have signs of an infection, such as a fever, cough, flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have HIV
- have tuberculosis (TB), or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may develop or become more severe if you take CIMZIA. If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.
- have or have had hepatitis B
- use the medicine Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), or Tysabri® (natalizumab)

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

Certain types of Cancer

- There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents.
- For people taking TNF-blocker medicines, including CIMZIA, the chances of getting lymphoma or other cancers may increase.
- People with RA, especially more serious RA, may have a higher chance of getting a kind of cancer called lymphoma.

See the section "What are the possible side effects of CIMZIA?" for more information.

What is CIMZIA?

CIMZIA is a medicine called a Tumor Necrosis Factor (TNF) blocker. CIMZIA is used in adult patients to:

- Lessen the signs of symptoms of moderately to severely active Crohn's disease (CD) in adults who have not been helped enough by usual treatments.

- Treat moderately to severely active rheumatoid arthritis (RA).

It is not known whether CIMZIA is safe and effective in children.

What should I tell my doctor before starting treatment with CIMZIA?

CIMZIA may not be right for you. Before starting CIMZIA, tell your doctor about all of your medical conditions, including if you:

- **have an infection.** (See, "What is the most important information I should know about CIMZIA?")
- **have or have had any type of cancer.**
- **have congestive heart failure.**
- **have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis.**
- **are scheduled to receive a vaccine.** Do not receive a live vaccine while taking CIMZIA.
- **are allergic to any of the ingredients in CIMZIA.** See the end of this Brief Summary for a list of the ingredients in CIMZIA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.

Tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements. Your doctor will tell you if it is okay to take your other medicines while taking CIMZIA. Especially, tell your doctor if you take:

- Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab). You have a high chance for serious infections when taking CIMZIA with Kineret®, Orencia®, Rituxan®, or Tysabri®.
- A TNF blocker: Remicade® (infliximab), Humira® (adalimumab), Enbrel® (etanercept), Simponi® (golimumab).

You should not take CIMZIA, while you take one of these medicines.

How should I use CIMZIA?

- If your doctor prescribes the CIMZIA lyophilized pack for reconstitution, CIMZIA should be injected by a healthcare provider.
- If your doctor prescribes the CIMZIA prefilled syringe, see the section **"Patient Instructions for Use"** at the end of the Medication Guide for complete instructions for use. Do not give yourself an injection of CIMZIA unless you have been shown by your doctor or nurse.
- CIMZIA is given by an injection under the skin, into your abdomen or thigh area. Your doctor will tell you how much CIMZIA to inject and how often to inject CIMZIA, based on your condition to be treated. Do not use more CIMZIA or inject more often than prescribed.

What are the possible side effects of CIMZIA?

CIMZIA can cause serious side effects including:

See **"What is the most important information I should know about CIMZIA?"**

- **Heart Failure** including new heart failure or worsening of heart failure you already have. Symptoms include shortness of breath, swelling of your ankles or feet, or sudden weight gain.
- **Nervous System Problems** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Symptoms include dizziness, numbness or tingling problems with your vision, and weakness in your arms or legs.
- **Allergic Reactions.** Signs of an allergic reaction include a skin rash, swelling of the face, tongue, lips, or throat, or trouble breathing.
- **Hepatitis B virus reactivation in patients who carry the virus in their blood.** In some cases patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you

carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:

- feel unwell
 - tiredness (fatigue)
 - poor appetite
 - fever, skin rash, or joint pain
- **Blood Problems.** Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include a fever that doesn't go away, bruising or bleeding very easily, or looking very pale.
- **Immune reactions including a lupus-like syndrome.** Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects in people taking CIMZIA are:

- upper respiratory infections (flu, cold)
- rash
- urinary tract infections (bladder infections)

Other side effects with CIMZIA include:

- **Psoriasis.** Some people using CIMZIA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with CIMZIA.
- **Injection site reactions.** Redness, rash, swelling, itching or bruising can happen in some people. These symptoms will usually go away within a few days. If you have pain, redness, or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.

Tell your doctor about any side effect that bothers you or does not go away.

These are not all of the side effects with CIMZIA. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about CIMZIA

Medicines are sometimes prescribed for purposes that are not mentioned in Medication Guides. Do not use CIMZIA for a condition for which it was not prescribed. Do not give CIMZIA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about CIMZIA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CIMZIA that is written for health professionals.

For more information go to www.CIMZIA.com or call 1-866-4CIMZIA (424-6942).

Always keep CIMZIA, injection supplies, puncture-proof container, and all other medicines out of the reach of children.

What are the ingredients in CIMZIA?

CIMZIA lyophilized powder: Active ingredient: certolizumab pegol. Inactive ingredients: sucrose, lactic acid, polysorbate. The pack contains Water for Injection, for reconstitution of the lyophilized powder.

CIMZIA prefilled syringe: Active ingredient: certolizumab pegol. Inactive ingredients: sodium acetate, sodium chloride, and Water for Injection.

CIMZIA has no preservatives.

Product developed and manufactured for:

UCB, Inc., 1950 Lake Park Drive, Smyrna, GA 30080 U.S. License No 1736



Cimzia® is a registered trademark of the UCB Group of companies.

© 2009 UCB, Inc., Smyrna, GA 30080 All rights reserved.

Printed in the U.S.A.

OXO, Good Grips and the associated logos are trademarks of Helen of Troy Limited and are used under license.

CCD123-1209 4E

Getting a better grip on RA can start with this syringe.

Guided by input from people with RA,
the CIMZIA syringe was designed for
ease and comfort in partnership with

OXO GOOD GRIPS



You may save up to \$500 on each CIMZIA
prescription if you qualify. Go to cimzia.com/RA


cimzia[®]
(certolizumab pegol)

For moderate to severe RA adults.

Anaphylaxis or serious allergic reactions may occur.
Hypersensitivity reactions have been reported rarely
following CIMZIA administration.

Please see Brief Summary on previous page.

You never stopped *loving* chocolate mixed with
chocolate dipped in *chocolate*. So why stop having it?



New **Triple Chocolate Chip. Heaven at 130 calories.**

Only from Breyers® Smooth & Dreamy.™

Pure **JOY**



Doctor's orders:
Escape on
a girlfriend
getaway!

**7 ways
taking off
with your
girls helps
your body,
mind, sanity,
marriage—
everything!**
By Nicole Yorio



Toasting tradition (top left): Rupal (at right) came to Miami with seven friends. "We go away every year!"

Reconnecting with yourself (top right): Merrie (at left) says the best part of vacationing with her college friends is "being me—not Hayley's mom or Jon's wife."

ou didn't even have to like the second *Sex and the City* movie to feel jealous of Carrie & Co. as they jetted off to Abu Dhabi. Something inside all of us screamed, *I need to do that too!* Luckily, sneaking away with the girls isn't just a big-screen fantasy. Girlfriend getaways are a \$6 billion business, according to AAA Worldwide Travel, and companies catering to women-only groups have spiked 230 percent since 2001. Girls-

only vacations are more popular than ever, and it's easy to see why: They not only bring you and your friends closer but also can make you a better mom and wife. "Taking a break from responsibilities restores your mental health and well-being, so you'll come home refreshed and reenergized and have more love to give," says Anna D.H. Kudak, coauthor of *What Happy Women Do*. We know it's easy to find reasons *not* to get away: Your husband and kids won't manage without you, the dog will go hungry. But this is one case where the benefits outweigh the risks. (You can always overfill the kibble bowl and leave a casserole in the fridge.) Want proof? We've got it firsthand from women (including REDBOOK readers!) who attended the World's Largest Girlfriends Getaway at the Loews Miami Beach Hotel in April. Read on for their stories and expert-approved reasons why you need a getaway. Then start packing.

1 Friends keep you healthy. "Women's friendships have been found to reduce stress hormones in our body and improve overall well-being," Kudak says. "With our friends, we don't have to have hard conversations about budget, family planning, or household tasks. We can simply enjoy each other's company, which provides a healthy sense of calm." And research shows that play is just as good for adults' mental and physical health as it is for kids': It wards off stress, boosts happiness, and helps build brain power. So start planning for some bonding time. Doctor's orders!

2 You'll reconnect with your pre-mom self. Going away with the girls can help you rediscover the parts of yourself that might have gotten overshadowed by your adult roles. That's what Merrie Satran, 35, enjoyed most about spending the weekend in Miami with her college buddies: "The best part was being with people who knew me before I became a wife and mother," says the mom of three from Briarcliff Manor, NY. "At home I'm always seen as 'Hayley's mom' or 'Jon's wife.' But these women know me as Merrie, the fun girl who loves shopping and hanging out. Being with them

A steady diet of love starts
with the proper nutrition.



PURINA
PRO PLAN
Large Dog Food

PetSmart® now carries more specialty brands than ever. Introducing new Pro Plan Shredded Blend Large Breed Adult, Weight Management and Adult 7+ formulas.

Each dry variety features a savory blend of crunchy kibble and tender shredded pieces to give your pet 100% complete and balanced nutrition. And new Pro Plan Shredded wet varieties help promote ideal body condition and a strong immune system. Find them all at PetSmart, the best place for specialty food.

PETSMART
We love to see healthy, happy pets.™

Download a coupon at www.petsmart.com/redbook

allows me to focus on another side of myself." And let's face it: There are some things only your girlfriends can understand. Chances are, your guy won't share your enthusiasm about the amazing bargain you scored at Filene's Basement. "When friends get us—when they understand our feelings and experiences—it makes us feel valued and validated," says Jan Yager, Ph.D., sociologist and author of *Friendshifts*. In other words, having someone share in your excitement in scoring that great pair of shoes for 75 percent off makes the deal even sweeter.

3 Milestones are worth marking.

Whether you're celebrating a special birthday (35 again!) or going through a hard time, it's cathartic to laugh and cry with the women who helped you get where you are today. "Our friends see us through life," Kudak says. "During the best of times you want to celebrate with friends, and during the worst of times you want them there for support." Karlene Giannakourous from Brooklyn, NY, and her two childhood friends, Doris and Erica, flew down to Miami for the weekend to celebrate the big 4-0. "We have been celebrating our birthdays together since we were teenagers," Karlene says. "Usually we go out to dinner together, but this year we thought, *Why stay home and treat it like any other birthday?* We wanted to bring 40 in with a bang!" Sure, coordinating your family's schedule while you're away may take time, but the hassle always pays off. "It took a lot of arranging to get our husbands to pick up our children from school and take them to activities, but we were determined to make this happen—and it was well worth it!" Karlene says. "We had the time of our lives! The catching up, the giggles, and the naps were time well spent. The best part was not having to answer to anyone. As a mother of two sets of twins, I feel like I'm constantly needed by everyone—but this weekend was all about me celebrating with two of my dearest friends."

4 New experiences will bring you closer.

Even with friends you've known forever, sharing in new and exciting activities makes your relationship stronger, studies show—and those experiences can mean the difference between a good friendship and a great one. "It's the newness that comes from stepping out of your routine that's so bonding," Yager says. "Instead of talking or laughing about the past, you're adding new experiences that will keep your relationship moving

Do it in a day!

If you can't sneak away for a weekend, you can still get in some major girlfriend bonding time—and the same substantial health benefits—without packing your bags. "It's always refreshing to get out of your routine and spend more than your usual amount of time together," Yager explains. Try one of these creative day-trip ideas.

Swirl, smell, sip, repeat. The combination of your friends and a few bottles of wine guarantees your day will be filled with giggles. There are wineries in every state; go to allamericanwineries.com to find one in your area, and then tour, taste, and explore. Just be sure to designate a driver or hire a car—a few sips can go to your head fast!

Go on a nature adventure. If your gal pals are an adventurous crew, plan a day full of activities to get your adrenaline rushing. At whitewater.com you can search for rafting, kayaking, and canoeing day trips in your state, or go to trails.com (you'll have to create a free registration) to search for local hiking trails for every fitness level.

Say "spaaaaah." A trip to the spa is the ultimate way to indulge. Meet up in the relaxation room between treatments to swap notes over your to-die-for massages and amazing facials. And take time to veg out in the steam room, sauna, or whirlpool.

Many spas offer discount packages with

multiple services combined. REDBOOK reader exclusive: Book a facial and any additional service or upgrade (microdermabrasion, massage, spray tanning) at any Facelogic Spa nationwide in August and receive 20 percent off the total of those two services. See page 220 for details.

Take some wild rides. Why be so grown up about this? Grab your girlfriends and head to an amusement park or theme park for the day. Check your mature, practical self at the gate and spend the afternoon riding the coasters, playing in the arcade, and eating way too much cotton candy. The person who's too afraid to ride the Cyclone gets stuck holding the purses!

Act like a tourist. There's no better way to feel like you're on vacation than to act like a tourist in your own city—you'll be surprised by how much you can discover. Spend the day exploring antique shops, bookstores, art galleries, and cafés, or hit the tourist destinations you haven't been to since the third-grade class trip. Bring a camera and snap pictures of your crew posing at each spot.

Upgrade to the deluxe treatment (below): We know you've earned some pampering!



NEW

Colgate®

PROCLINICAL™

Professionally Inspired
High-quality Ingredients
Clinically Proven Technology



- **Daily Whitening:** ProLuminex™ Whitening Crystals brighten and illuminate
- **Daily Cleaning:** Proply Silica™ Polishing Micro Buffers for gloss and a clean feeling
- **Daily Renewal for Enamel:** ProMinerals™ Complex fortifies and strengthens enamel

**A special line of toothpaste designed by the experts
with high-quality ingredients that deliver clinically proven benefits.
Satisfaction guaranteed*.**

*Satisfaction guaranteed or your money back. For details visit www.colgateproclinical.com or call 1-877-753-0262.
Offer limited to 1 per name, household or address. © 2010 Colgate-Palmolive Co.



Inside joke (top left): Jennifer Rossi, at right, shares a funny email with her sister, Ana. "Sometimes we get so busy with our lives that we don't get to appreciate our friendship," she says.

The World's Largest Girlfriends Getaway (top right): Two hundred sixty women shopped at special poolside pop-up stores, took salsa lessons, and attended happy hours last April in Miami.



forward and going strong." That's what Kimberly Pietro, a 50-year-old mom of two from Fort Lauderdale, FL, discovered while vacationing in Miami with her cousin and two girlfriends. "We did it all," she says. "We took salsa lessons, cooking classes, and beach yoga; we got manicures and had our hair styled; we dined, shopped, and laughed. Normally, we hang out at someone's home and catch up, but this was so much better! We couldn't stop laughing when one of us got stuck in a yoga pretzel position or messed up a salsa step. The consensus on the ride home was that our cheeks were sore from laughing so much."

5 You'll get free therapy! Friends are like the shrink you never knew you needed, because they listen with empathy and without judgment. (And you never have to worry whether they accept your insurance!) In fact, studies show that talking with friends can help ward off depression: Chronically depressed women who opened up to a confidant experienced a 72-percent remission of depression—the same success rate as many antidepressants and cognitive therapy, according to a British study. And when you get away for even a day together, you and your friends can really focus on one another. "Women are wired to protect and nurture the people closest to them," Kudak says. "And since oftentimes friends have been through similar life experiences, they can truly understand what you're going through and can tell you what worked for them and what didn't, which is very therapeutic."

6 You need new traditions. Setting aside one weekend a year for girl time guarantees that no matter how busy life gets during the remaining 363 days, you'll always keep your bond strong. Studies show that family traditions strengthen family cohesiveness—and the same holds true for your family of friends. "Planning a trip together and making sure to honor that tradition provides a sense of security and continuity," Kudak says. That's one of the reasons why Rupal Amin, a 39-year-old mom from Ambler, PA, takes an annual trip with at least seven girlfriends every year. "It started when we were stay-at-home moms," she says. "We used to get together at home but we'd have the kids with us, so we didn't get to talk about what really was going on in our lives. Usually we can't even finish a sentence before one of our kids interrupts us! Finally we decided that we do so much for our families that we needed time to connect with each other. We've been to Cancun, Jamaica, Riviera Maya, Tucson, and now Miami—it's great!"

7 You'll come home with more love to give. "When I got back, my husband said he had never seen me more relaxed—he even suggested I tack on an extra day next year!" Merrie told us a month after the Miami trip. "I was in a totally Zen space. There was no stress involved on the trip; my only responsibility was getting to my spa appointment on time." When you feel refreshed and reenergized, everyone in your life benefits. "Getting away restores our perspective and gives us a clearer picture of where we are in life and where we're headed," Kudak says. So when you get back to the reality of homework and housework, you'll have the energy to do it all for those you love most. ▶



So chocolatey. So creamy. So delicious.

hellojell-



[Facebook.com/jello](https://www.facebook.com/jello)

DIGIORNO® and IT'S NOT DELIVERY. IT'S DIGIORNO® are registered trademarks of Societ  des Produits Nestl  S.A., Vevey, Switzerland.



▪ NOW MADE WITH ▪
ARTISAN BREAD.
THAT SANDWICH PLACE IS
GONNA MISS YOU.

AND NOW WITH MORE HOT MELTY CHEESE.*
TASTE. BELIEVE. IT'S NOT DELIVERY. IT'S DIGIORNO.®

*Now with 30% more cheese on average.



Getaway trips and packages to book right now

Ready to go? We dug up the hottest deals at the coolest spots. Phone your friends and book these packages today!

Includes... everything!

• Loews World's Largest Girlfriends Getaway, Miami Beach:

The 2010 package included breakfasts, happy hours, a group salsa lesson, beach yoga, and spa specials, and the hotel (at right) plans to add new events for 2011. Go to loewshotels.com for info.

• Beaches Turks & Caicos Resort Villages & Spa is

offering a BFF Girls Getaway package that includes a cocktail party, a sunset sail, beach yoga, dance classes, a bonfire party, and a \$200 spa credit. Rate: \$1,199 per person for four nights (includes food, liquor, water sports, airport transfers, taxes, and fees). Dates: October 14–18, 2010; May 12–16, 2011; October 13–17, 2011.

• **Mohegan Sun in Uncasville, CT**, is offering a Welcome Wellness package that includes a 50-minute Swedish massage or facial and breakfast. Rate: from \$135 per person, with code PTWEL.

Shopping heaven

• **The Boston Park Plaza Hotel & Towers** is offering a shop-and-stay package through December 30, 2010, that includes a one-night stay, two \$50 gift cards to Copley Place, and two gift bags. Rate: from \$249, with code CPSHOP.

• **Omni Hotels & Resorts** around the United States are offering a retail-therapy package that includes champagne on the first night, an Envirosax bag, a Laura Mercier lipstick, and a list of shopping spots. Rate: from \$117 per night, valid through December 31, 2010. Go to omnihotels.com for more information.



East Coast relaxation

• **Bob Pascal's St. Michaels Harbour Inn in St. Michaels, MD**, offers a Pajama Party package, which includes a \$125 spa credit; a \$40 dining credit per guest; a selection of games, movies, and CDs; and a pair of pajamas. Rate: from \$599 for two.

Palm Springs stress fix

• **Colony Palms Hotel in Palm Springs, CA**, has a girlfriend-getaway package that includes two massages, a bottle of wine, a \$100 dining credit, 20 percent off at Trina Turk, and magazines. Rate: \$699 for two nights through December 30, 2010.

• **Rancho Las Palmas Resort & Spa in Palm Springs, CA**, offers a girlfriend package that includes connecting rooms, a \$100 dining credit, and champagne. The resort features a lazy river, four pools, a spa, a golf course, and a tennis center. Rate: from \$559 for two.

Vegas, baby!

• **The MGM Grand Hotel & Casino, Las Vegas**: The All-Access VIP package (through December 2, 2010) includes access to Studio 54 or Tabú and two-for-one drinks, and two gym passes. Rate: from \$205 for two, book by August 31.



• NOW GET •
DEEP DISH
FOR LUNCH.
NO TIP NECESSARY.



FRESH-BAKED TASTE
IN MINUTES.

TASTE. BELIEVE.
IT'S NOT DELIVERY.
IT'S DIGIORNO.

DIGIORNO® and IT'S NOT DELIVERY. IT'S DIGIORNO® are registered trademarks of Société des Produits Nestlé S.A., Vevey, Switzerland.



MILK WITH DHA OMEGA-3 ISN'T ROCKET SCIENCE.

But it is genius.

Studies show kids don't get enough DHA Omega-3, a nutrient which supports healthy brain development.* But now it's available in a drink kids love, Horizon Organic® Milk Plus DHA Omega-3. Wholesome, organic milk, it's as delicious as it is smart. And it even comes in rich, creamy chocolate. To learn about DHA, get coupons and more, join our community at www.horizondairy.com.



There's a better future
ON THE HORIZON.™



©2010 Horizon Organic

*Kris-Etherton, et al.; *Am J Clin Nutr* 2000;71(suppl):179S-88S.

Making It **Work**

Managing mom life, work & money

How to stop office rumors

There's no such thing as a completely gossip-free workplace (and honestly, would *you* want to work there?). But too much chatter can get toxic. And it turns out that all that gossip isn't so harmless. Indiana University's Tim Hallett, Ph.D., followed a grade-school staff's gossip for two years and found that most of it was negative. "Gossip *is* useful in clueing you in to who's up and who's down at work," Hallett says, but extreme gossip can be "reputational warfare." Here's how to stop it without making *yourself* a target.

● **Try a fresh topic.** "If someone bad-mouths a coworker, redirect the discussion," Hallett says. "Broach a new but juicy topic, like, 'Did you hear we're getting an extra day off for Labor Day?'"

● **Kill 'em with kindness.** "If you see someone's about to attack a coworker for her weird lunch habits, jump in with a nice remark," says Hallett. "Say, 'Did you hear her creative idea for the sales push?'"

● **Short-circuit sarcasm.** "People use sarcasm to distance themselves from what they really mean," Hallett says. "If a peer says, 'Oh, yeah, that Ann is a *real* pro,' ask pleasantly, 'What do you mean? Did she say something brilliant in today's meeting?' Forcing him to be direct will usually make him withdraw." —Lindsey Palmer



Did you hear?
A little gossip
can help you get
ahead—just
don't let the talk
turn nasty.

Mind Over Money

4 times it **pays** to splurge

Sometimes, shelling out a little extra is really your best bet.

By Beth Kobliner



Beth Kobliner is the author of the *New York Times* best seller *Get a Financial Life*. She can be heard each week on the nationally syndicated public-radio show "The Takeaway." Visit her at bethkobliner.com.

In the spirit of summer, I'd like to ask you to sit back, relax, and... consider spending more money. I know, my rap is always *save, bargain, budget*, but there are times when it's actually smart—and even cost-effective—to pay a premium. Spend more on:

■ **YOUR FITNESS** If I offered you \$330 to take a brisk 30-minute daily walk, you'd do it, right? That's how much more inactive people spend each year on health care than those who walk five days a week, the Centers for Disease Control and Prevention say.

SMART SPLURGE: To build exercise into your day, it's worth it to motivate (and reward) yourself with a little investment. But a yearly gym pass isn't necessarily the answer (four out of 10 gym members go less than once a week). It might work better for you to spend \$85 on really good sneakers and \$100 on a bike for your kid, and run alongside him on his way to school. Or buy yourself yoga classes and a new yoga mat—whatever motivates you to get moving.

■ **YOUR CLOTHES** I once had an interview that was a Very Big Deal. A fashion-savvy friend trolled my closet and pieced together an outfit for the occasion, but she insisted I needed a killer new bag. She directed me to a swanky, high-end store, an intimidating experience for a bargain-basement type like me. But then I found the Perfect Bag, a satchel with buttery-soft leather and chic hardware. I sprung for it—though, as with the pain of childbirth, I've since tried to erase the three-digit price tag from memory. That bag has changed my fashion life—we've enjoyed 14 years together—and has taught me that buying something really pricey every now and then can end up being a good deal.

SMART SPLURGE: Two questions to ask yourself while admiring a garment on the rack: "Will I wear this in five years?" (that's long enough to outlast any fad) and "Is the quality good enough to last that long?" If so, do the cost-per-use math: A \$200 bag seems decadent, but if you carry it twice a week for five years, it actually costs less than 40 cents per use! Your splurge needn't be fancy—if you practically *live* in jeans, maybe that's where your \$200 should go.

■ **YOUR HEALTH** If you're not insured by your employer, you need to find your own coverage. And despite all the health-reform buzz, you'll have to wait until 2014 before many benefits kick in, like some tax credits and lower-cost state private insurance.

SMART SPLURGE: Look for coverage at ehealthinsurance.com and choose the most comprehensive plan you can afford. The average family plan costs \$388 per month plus a \$3,335 deductible. That may sound pricey for a 35-year-old couple with two kids, but the cost often includes checkups and prescription. Medical bills are a leading cause of bankruptcy; insurance can protect you if a crisis strikes.

■ **YOUR FINANCES** With finances, I'm a big fan of D.I.Y., whether it's filing your own taxes or finding a better rate for your savings on bankrate.com. But if you can't tell a 401(k) from a 529, you may need help.

SMART SPLURGE: Treat yourself to a two-hour session with a fee-only financial advisor. Find one at napfa.org or garrettplanningnetwork.com. The \$150 or so per hour that an advisor charges might seem extravagant, but if she shows you how to open an IRA or how to budget to pay down credit card debt (saving you hundreds of dollars in interest), you'll easily earn back that fee and more in no time. **R**



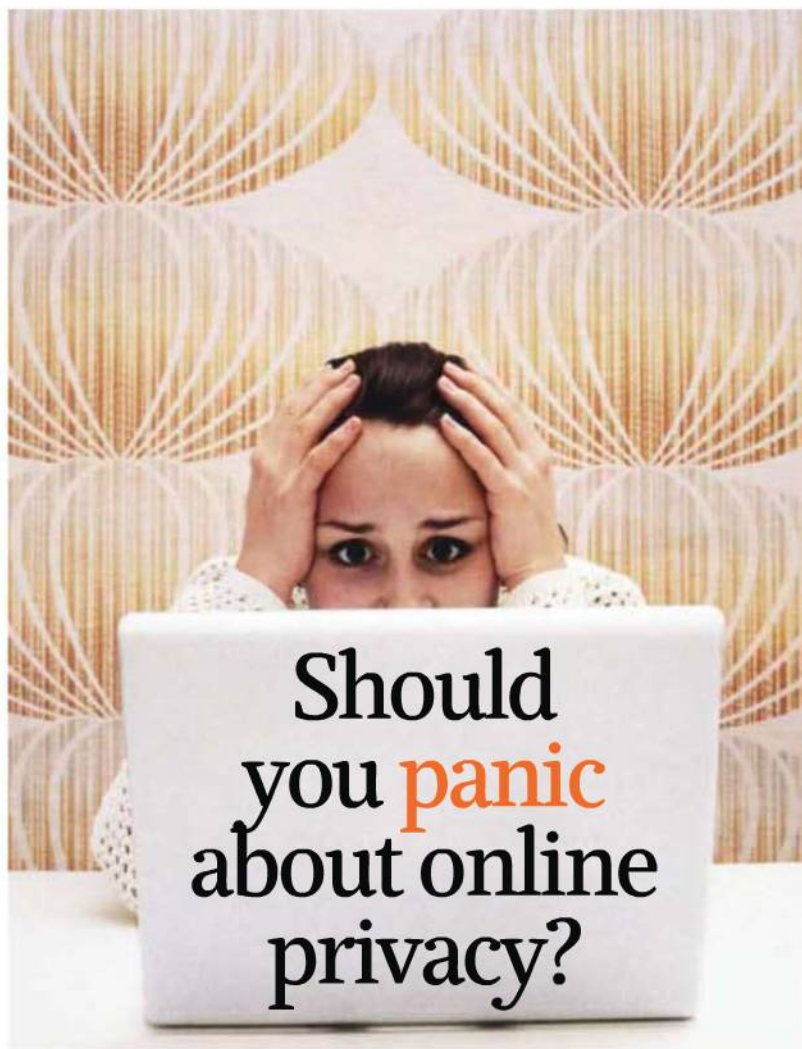
Our Pups know how to speak to us.

And with more real beef* and a mouthwatering aroma, only Pup-Peroni® has the irresistible flavor that lets them know we're listening.



*than the leading Soft & Chewy competitor. ©Del Monte Foods. All Rights Reserved.

Dogs Just Know™
pupperoni.com



When Facebook changed its privacy policy (again!) this spring, it sparked a firestorm of outrage. Few users wanted their personal info shared with marketers and the entire Web. The site backtracked on many of the changes, but the concern remains: How much of your life should you live out loud online—and will it put you and your family at risk?

On any given night, you can post your toddler's cute quip to your Facebook page, upload pics of girls' night out to your Flickr account, and vent about how your hubby throws elbows in his sleep on your blog. With all that sharing, could you attract the attention of a would-be stalker or (cue maternal nausea) a kidnapper? Most likely, no. Reputable sources report zero child abductions caused by personal information posted on social networking sites. But in this exciting age of so much information and connectivity, openness does come with *some* risks: The more info you put

out there, the more personal fodder you give to people you don't know and might not be able to trust. Use your husband's real name in your over-sharing blog and his boss could reconsider that promotion. Mention your son's passion for Tonka trucks on Facebook and you'll start seeing ads from toy companies. Use less-than-secure passwords for your online banking and other sensitive sites and a clever hacker might be able to crack them.

Here, Braden Cox, policy counsel at NetChoice, and Paul Buta, author of *Privacy Panic*, fill you in on the precautions all of us need to take to protect ourselves online, and extra steps to take if you're privacy obsessed.

■ **If you're a LIVE-LIFE-OUT-LOUD GIRL** (i.e., you offer a play-by-play of your life to your 1,000 Facebook friends, blog readers, and Twitter followers), these are the guidelines you—and *everyone*—should follow:

On your social networking profiles, take the time to check out the privacy settings and decide whom you want to have access to what information. The risks here aren't great, but do you really want your cousins to read about your sex life, or your frenemy to see photos of the party you didn't invite her to?

Seems obvious, but never make reference to or post photos that show you doing something illegal. And be careful with those cute pics of your kid in the buff: Baby pics are one thing, but if you post any as they get a little older, you could get charged with child pornography (seriously!).

Remove your birth year from your social networking profiles. It's okay to include the month and day, but your full birthday is a data point that banks often use to confirm your identity, and it's info you don't want to be readily available.

Make sure your computer's anti-spyware and antivirus protections are turned on, and protect your Internet connection with a password and a firewall, which blocks unauthorized access and is available on most computers. This will prevent hackers from tracking your Internet activity and stealing financial passwords (and then your money), or from hijacking your computer to send out spam emails that attack others' computers. Also, if you blog, stay up-to-date with your blog host's latest protection measures.

Sign up for online banking, which is much safer than paper banking (80 percent of identity theft is



We've Got You Covered

As long as there's sun, you can go out and have fun. Because Banana Boat® blocks up to 96% of the harmful UVA and UVB rays that cause sunburn and long-term skin damage. And it keeps working, even in water. So you can jump, dive, even cannonball into your day, confident you're protected.





a result of stolen paper documents). Create robust passwords (at least eight characters, including some capital letters and numerals) that don't include any information about you that can be found online (like your dog's name or your favorite band), then check their strength at microsoft.com/password. Don't fall prey to "phishing" emails that seem to come from your bank and ask you to confirm your username and password—this is one way online thieves steal identities. **If you're on a public wireless network**, like at Starbucks, don't do your online banking or log on to other sites that contain sensitive information about you. Other users accessing the network might be able to access it.

Teach your kids about the risks of sharing personal information on the Web. If it feels appropriate for your child, bring up the countless cases of tweens' and teens' personal photos and videos that have ended up in the wrong inboxes be-

cause of how easy it is to forward email. Have a conversation about what sites they're visiting online, and make sure they're staying safe by signing up for a free limiting service such as AOL Parental Controls, which allows you to log in and monitor their activity. Check with your wireless carrier for similar services on your kids' phones, too.

Before you post anything online—whether it's a status update or a comment on YouTube—ask yourself these questions: Would I tell this to a random person at a party—or my mom? What am I getting out of sharing this? Does what I'm about to write show the "me" I want to be?

■ **If you're an EASYGOING SURFER CHICK** (i.e., you post status updates and photos to Facebook but you limit their access to just your friends; you've tried your hand at blogging or tweeting), do all of the above, plus the following: **For peace of mind, take control of what**

FROM TOP: JOHN LAMB/GETTY IMAGES, JOHN HOWARD/GETTY IMAGES, JOSEF LINDAU/CORBIS.

ANOTHER NEW RAISINET? THIS SHOULD BE INTERESTING.

FOLLOW THE DELICIOUS DRAMA AT YOUTUBE.COM/RAISINETS



IN THE CANDY AISLE!



SAY HELLO TO CHERRY, the newest member of the Raisinets family. Covered in rich dark chocolate and bursting with flavor, Cherry Raisinets® provide a half-serving of fruit in every quarter cup. But what do the Original Raisinets think of their new sister-in-chocolate? See for yourself at youtube.com/raisinets.

NESTLE® and RAISINET® are registered trademarks of Societe des Produits Nestle S.A., Vevey, Switzerland.

you're sharing. On Facebook, you can create custom lists that limit how much you share with different people, and on Twitter, you can adjust your settings to approve followers. Most other social networks offer ways to limit sharing too.

Know that when you post a message or update to someone else's Facebook wall who doesn't have the same privacy settings as you, it could be exposed, so don't share a phone number or other personal information there.

If you're wary of marketers getting information about your interests in order to target you to sell you things, don't "Like" sites and groups on Facebook. If you don't want targeted ads appearing alongside your email, switch to Hushmail, which encrypts messages so that only the sender and receiver can access them.

■ **If you're a FLY-UNDER-THE-RADAR GIRL** (i.e., you might not be on Facebook but you worry that friends are posting

photos of you; you're horrified at the idea that your high school boyfriend could Google you and find details about your life), take all of the above precautions as well as the ones below:

Read and make sure you understand the privacy policies on every site where you provide information about yourself. Pay attention to how the site collects your data, how it uses it, and with whom it shares it that info (marketers only, for example, or everyone on the Web)—and make sure you're comfortable with it.

To share photos with your friends and family, create an album on a private, password-protected site, like kodak gallery.com.

In order to keep tabs on where you're appearing online, set up a Google alert for your name by filling out the form at google.com/alerts. If you see something you're not comfortable with, click on the website's privacy policy to find out if you can have it removed. **R**

How much info you're sharing

Here's what you're up to on the Web—and how you're limiting your online footprint, according to a 2010 Pew Internet & American Life Project report. All stats refer to 30-to-49-year-old Internet users.

33%

have taken steps to limit information available about them online.

29%

have deleted unwanted comments.

24%

have removed their names from photos.

62%

have changed their profile privacy settings to limit what they share.



"Now, Mom gets stains out almost as fast as we get them in."

Drop In NEW OxiClean® Power Paks & Get More Stains Out!

- Boosts detergent!
- Seeks out even hidden stains!
- Cleaner, whiter, brighter laundry!

Gets the Tough Stains Out!
www.oxiclean.com

Suzanne enjoys a dose of adult conversation—and caffeine—as she leads tours of Seattle's coffee scene.



Work in Progress

Be a full-time mom with a part-time **passion**

Can't find 20 minutes for a manicure? Strangely excited about going to the dentist? **REDBOOK** reader **Suzanne Hite** has been there, and she's saved her sanity with a two-hour-a-week work gig she loves. Follow her lead!

Before I gave birth to my son, Levi, who's now 4, I had every intention of returning to work full time as a hairstylist. But during my first week back after maternity leave, I was a mess on the way to and from work, and I decided the answer was to become a stay-at-home mom. My girlfriends warned that I might feel bored and isolated at home alone with an infant—but I didn't listen. I saw myself happily playing with Levi while the laundry was going, then reading a book or watching a DVD while he napped. I pictured being well rested and having plenty of free time. I'd be satisfied. I'd be fine!

Well, it only took about two weeks at home with a colicky infant for the serious doubts to set in. I was tired and grouchy and not very fun to be around. After a few months, I was having trouble remembering what I'd been like as an adult, a wife, and a friend, and I knew I needed a break from being Mommy all the time. It was actually my husband, Jim, who first suggested that I might be happier with some outlets outside of motherhood. We decided to hire a babysitter to come on Fridays to watch Levi, and I used the free time to run errands, practice yoga, and meet up with friends for lunch. Since then, I've found other ways to retool my life to connect with all the parts of myself. Thanks to those changes, I feel so much more balanced—and a better mother for it. Here's how you can get some of that balance into your life too.

Find a mom community that fits you.

When Levi was 6 weeks old, I didn't feel ready to let someone else watch him, but it was right then that one of my friends dragged me to the YMCA, which offers up to 90 minutes of child care per visit. She said it was the best place ever—and she was right. I joined within days of trying out the Kids' Corner with Levi, and I've been an avid devotee ever since. Two or three days a week, I drop him off and go to a yoga class, which has been a longtime passion of mine. Levi and I also participate in the Y's Mommy-and-Me programs, like pool time and Kids' Gym, and I've made amazing connections with other moms through these classes. We've become friends, and we often hit the gym together for a chatty workout or we catch up in the lobby.

The YMCA moms are also a great support system for child care. We watch each other's kids when one of us needs help, and I'll do someone's hair in

mommyisms: insights from mom to mom

Now, the simple joy of a Happy Meal® leads to a simple act of kindness.

The Happy Meal she loves now helps families be closer to the ones they love. And that makes every trip to McDonald's® even more special for me.

She's happy and I'm happy to help. Sharing a great meal with my family and helping Ronald McDonald House Charities® too? That's a Happy Meal.

Every Happy Meal sold now supports Ronald McDonald House Charities.



Your donation goes to help more than 700 families of hospitalized children each day.


i'm lovin' it®



Splurge on yourself (a little).

Before I became a tour guide, I felt uncomfortable spending money when I wasn't earning any, which I think is pretty common for stay-at-home moms—it's nerve-racking to live off one income! But now, although I'm not raking in the big bucks, the little money I do make has shifted my perspective. I've learned to love giving myself little treats. After the tour, I'll go to the movies and not think twice about buying pricey popcorn at the theater, or I'll sit down for a sushi lunch. These small splurges do wonders for my mood. For me, it feels good to have the freedom of making my own money, but I also get how important it is for every mom to have an occasional splurge, whether she has an income or not.

Focus on family time.

We used to chauffeur Levi to and from activities we felt he should do, like swim lessons. But he didn't always enjoy these activities, and it was stressful for Jim and me to coordinate the logistics. So we quit doing it—without guilt! We decided instead to savor the things we do that we all really enjoy. For instance, there's our family dinner. When Levi was born, Jim, who is a design engineer, switched his work hours to go in and leave early so he'd be home for supper. We eat without TV or toys distracting us, and it feels great to spend that time on what's important, which is just being together.

Nurture a dream.

Each night after Levi goes to bed at 7:30, Jim and I talk about calendar logistics and share our dreams. We understand that we're individuals in addition to being spouses and parents, and we encourage each other to seek out our own adventures. Jim loves cycling and rock climbing, so we looked at our schedule to see how he could fit in those activities, and he now squeezes in workouts after work and on weekend mornings.

Last year, I decided that after 10 years of taking yoga, I wanted to train to teach it. Jim supported the idea, so we rallied our network of family, friends, and YMCA moms, and they all helped out with Levi so I could attend the course, which took place on six three-day weekends. I was thrilled I went for it, and soon I'll start teaching a regular weekly class. I can't wait to share this practice that gives me such a rewarding break from life's chaos—and also gives me more energy as a mom. **R**



Jim and Suzanne put schedules aside to talk about everyday stuff and long-term dreams; showing off Seattle's Pike Place Market.

exchange for their baby-sitting services. I offer cuts, color, and styling; I recently learned how to do highlights and tried it out on a friend, who loved it! This bartering system works for us, and it's great to have a network of moms to rely on for help in a pinch.

Stay in touch with the work thing.

Jim and I love exploring Seattle, and a year and a half ago we went on a walking tour called "Seattle's Original Coffee Crawl." I got to talking to the owner about how much I enjoyed the tour because it combined my loves of the city, coffee, and exercise, and she asked if I wanted to become a tour guide. I jumped at the opportunity, and then began training; it took me several months to learn all the information and to shore up the confidence to speak well in front of a group. These days I read Coffee City, a local reporter's blog about coffee in Seattle, to keep up on new info and happenings. I lead a two-hour tour each week, on Fridays, when I have child care.

I'm grateful to shift into "adult me" mode when I'm tour-guiding. The participants come from all over the world, and it's fun to hear stories about their lives and to have conversations that don't all begin with, "How's Levi?" I love showing off our fantastic, beautiful city and sharing my passion for coffee with other folks. Those couple of hours are invigorating—and not just because of the caffeine!

An important vaccination schedule update for children 15 months to 5 years of age.

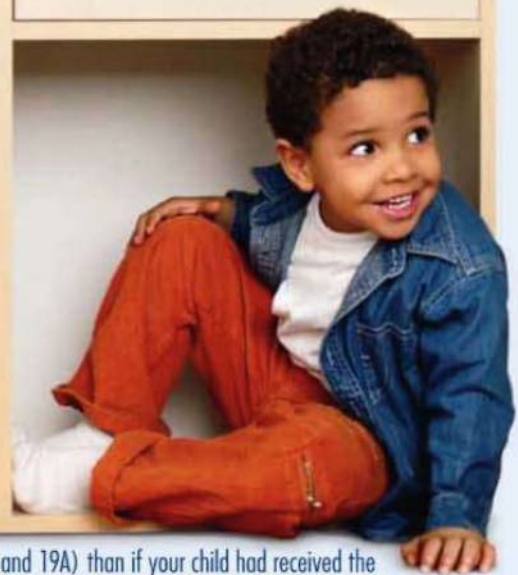
Certain strains of the pneumococcal bacteria can cause serious, invasive disease that is being seen more frequently today.



Invasive pneumococcal disease includes bacterial meningitis, which remains a serious risk for children up to age 5. Pneumococcal meningitis can cause death and long-term problems, such as hearing loss.



The doctors at the Centers for Disease Control have recommended that children under 5 who have had a full series of vaccinations with pneumococcal conjugate vaccine should now get a dose of Prevnar 13™, to cover six more strains including the most common one threatening young children today.*



*The immune response from this catch-up schedule might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13™. It's not known how medically important this difference is.

INDICATION FOR PREVNAR 13™

- Prevnar 13™ is a vaccine approved for use in children 6 weeks through 5 years of age (prior to the 6th birthday).
- Prevnar 13™ is indicated for active immunization for the prevention of invasive disease caused by 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F).

IMPORTANT SAFETY INFORMATION FOR PREVNAR 13™

- Prevnar 13™ should not be given to anyone with a severe allergic reaction to any component of Prevnar 13™, Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM₁₉₇ Protein]), or any diphtheria toxoid-containing vaccine.
- Prevnar 13™ may not protect all individuals receiving the vaccine. Children with weakened immune systems may have a reduced immune response to Prevnar 13™. A temporary pause of breathing following vaccination has been observed in some infants born prematurely.
- The most commonly reported serious adverse events include bronchiolitis (an infection of the lungs) (0.9%, 1.1%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%, 0.9%), and pneumonia (0.9%, 0.5%) for Prevnar 13™ and Prevnar®, respectively.
- The most common side effects are redness, swelling and tenderness at the injection site, fever, decreased appetite, irritability, increased sleep, and decreased sleep. Any side effects associated with the vaccination should be reported to your child's health care provider.
- Ask your child's health care provider about the risks and benefits of Prevnar 13™. Only a health care provider can decide if Prevnar 13™ is right for your child.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. Please see Brief Summary of Prescribing Information on reverse side.



FOR MORE INFORMATION, ASK YOUR CHILD'S DOCTOR OR GO TO WWW.PREVNAR13.COM/UPDATE

IMPORTANT FACTS



Prev • nar 13

ABOUT PREVNAR 13™

- Pevnar 13™ is a vaccine which helps protect against 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F) that can cause invasive disease.
- Pevnar 13™ may also be used for the prevention of otitis media (ear infection) caused by *Streptococcus pneumoniae* strains 4, 6B, 9V, 14, 18C, 19F, and 23F. No efficacy data for ear infections are available for strains 1, 3, 5, 6A, 7F, and 19A.
- Pevnar 13™ may not protect all individuals receiving the vaccine. Protection against ear infections is expected to be less than that for invasive disease.
- Pevnar 13™ does not replace the use of 23-valent pneumococcal polysaccharide vaccine (PPV23) in children ≥24 months of age with sickle cell disease, damaged spleen, HIV infection, chronic illness or who have weakened immune systems.

BEFORE STARTING PREVNAR 13™

Tell your child's health care provider about all of your child's medical conditions, including:

- Previous allergic or adverse reactions to other vaccines.
- Certain conditions that weaken your child's immune system such as a damaged spleen, HIV infection, cancer, or kidney problems. Children with weakened immune systems may have a reduced immune response to Pevnar 13™.

Tell your child's health care provider about all the medicines your child takes, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your child's health care provider if your child is taking medicines that can weaken his or her immune system such as steroids (e.g., prednisone) and cancer medicines or if your child is undergoing radiation therapy.

WHO SHOULD RECEIVE PREVNAR 13™?

- Pevnar 13™ is recommended for children 6 weeks through 5 years of age.
- Pevnar 13™ is regularly given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age.
- **Transition schedule:** Children who have received one or more doses of Pevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM₁₉₇ Protein]) may complete the 4-dose immunization series with Pevnar 13™.
- **Catch-up Schedule:** Children 15 months through 5 years of age who have received 4 doses of Pevnar® may receive one dose of Pevnar 13™ to elicit immune responses to the six additional strains.
- The immune response from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Pevnar 13™. It's not known how medically important this difference is.

WHO SHOULD NOT RECEIVE PREVNAR 13™?

- Children under 6 weeks of age and over 6 years of age.
- Children who have had a serious allergic reaction to any component of Pevnar 13™, Pevnar®, or any diphtheria toxoid-containing vaccine.

POSSIBLE SIDE EFFECTS OF PREVNAR 13™

Pevnar 13™ may cause serious side effects including:

- Temporary pause of breathing in some infants born prematurely
- Bronchiolitis (an infection of the lungs)
- Gastroenteritis (inflammation of the stomach and small intestine)
- Pneumonia

The most common side effects of Pevnar 13™ are:

- Redness, swelling and tenderness at the injection site
- Fever • Decreased appetite • Irritability
- Increased sleep • Decreased sleep

Any side effects associated with the vaccination should be reported to your child's health care provider. These are not all of the possible side effects of Pevnar 13™. For a complete list, ask your child's health care provider.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your child's health care provider for complete product information.
- Go to www.prevnar13.com or call 1-800-666-7248.

Wyeth® Manufactured by Wyeth Pharmaceuticals Inc.

Marketed by Pfizer Inc.

Rx only



TWO DISHWASHING FORCES. ONE POWERFUL PAC.

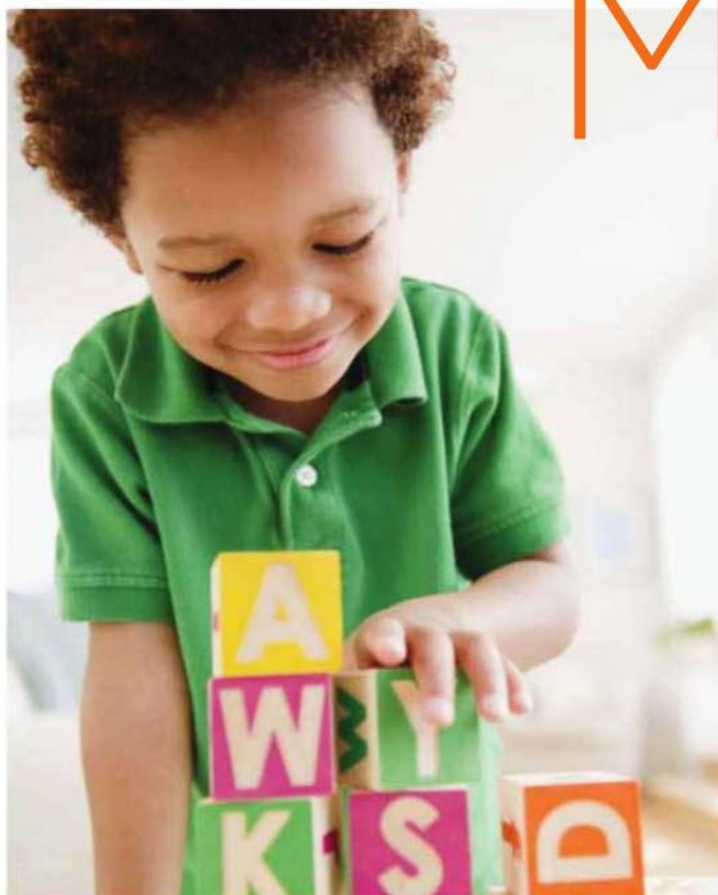
Cascade Complete Pacs combine the best of powder and gel in one little pac to conquer tough foods and greasy messes.

Voted Best Household Product in the 2010 Better Homes and Gardens Best New Product Awards.*

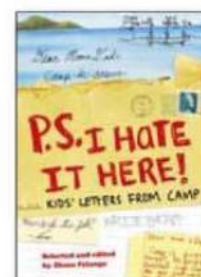
*Based on a national consumer survey conducted by BrandSpark International. For more information visit www.BestNewProductAwards.biz

Mom Life

It's not your mother's motherhood.



dear mom,
camp is great,
send food!



Whether your kid is in camp or you cherish your own memories of s'mores and Color War, you'll get a kick out of *P.S. I Hate It Here!*, a book of real-life, laugh-out-loud letters from camp, edited by Diane Falanga. Here, a few lines that almost made bug juice come out of our noses.



We saw a dead snake in the road butt we did not know if it was dead so I picked it up and it was dead! Bye, I have to go get oyster crackers.
Love, Bianca.



Day 5 of camp is a lot better. The rash on my P-nus is gone and now I can run. My friends hate when I say eggs so I'm trying to stop saying it.
Love, Josh.



I'm really sorry but I left my retainer at buffet breakfast between two napkins and it got thrown away.... I miss you! Please send more gum....
Love Rachel.



Break your family's tech addiction

As we tweet and BBM from the table, it's no surprise we've got toddlers begging to play with our iPhones and tweens texting instead of talking—but a shocking recent survey reports that older kids consume media for 7½ hours a day. It's time to pull the plug. Here, your biggest stumbling blocks and their simple solutions:

"The TV is my most reliable sitter." Tempt them away from the screen by stocking up on toys with no rules. That means imagination-based fun that kids can figure out and enjoy with minimal supervision. Try blocks, sketch pads, and scrapbooking materials, suggests Nancy Carlsson-Paige, Ed.D., author of *Taking Back Childhood*. Those should keep the kids busy long enough for you to return a few calls.

"She won't give up *Jonas L.A.*" So let her watch—after all, you'd never give up your dates with Don Draper. But all those shows she watches just because they're on? Dump 'em. Carlsson-Paige suggests you say, "Let's have a great time watching the best show each day." Then have an *American Idol* popcorn party or a *Victorious* pajama-fest.

"If I tell him to put down his cell phone, I'll have to turn mine off too!" Plan a trip to an inn without TV or Wi-Fi, or stay home for a low-tech weekend. Then savor the oldie-but-goodie pleasures of riding bikes, baking cookies, and playing board games. "Once you break the TV habit, kids—and parents—often enjoy the alternatives so much, they want to continue with them," Carlsson-Paige says.

Get Styrofoam out of schools

MOM ON A MISSION

Debby Lee Cohen visited her 8-year-old daughter's New York City school cafeteria last year and was stunned to see piles of polystyrene trays in the trash. She soon learned that the city's students discard 800,000 trays every day. She wanted to help.

So Cohen founded the nonprofit Styrofoam Out of Schools, whose goal is to replace the trays with compostable ones, but Cohen admits the extra cost—5 cents a tray—is a hurdle. Working the phones, Cohen was able to set up meetings with the public advocate and SchoolFood directors; this March, the group scored a big victory: All 1,600 New York City public schools began Trayless Tuesdays, when lunches are served in paper "boats." Cohen wants to get kids involved: "My dream is for them to design their own sustainable trays," she says. More info at sosnyc.org.

Change the
way your
kids see water.

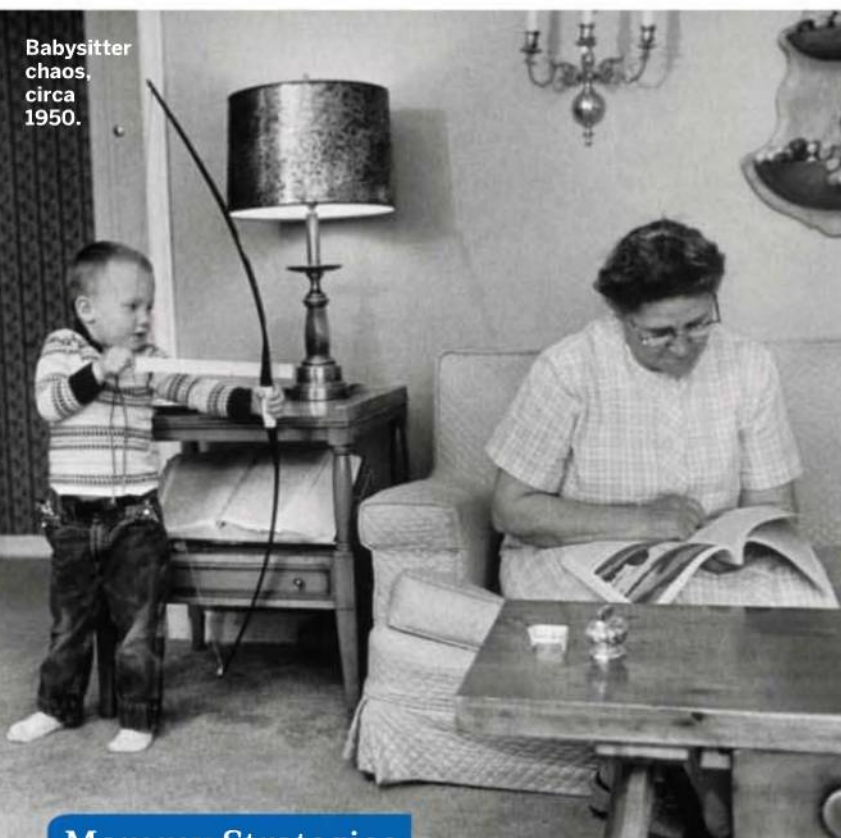


NEW

Kool-Aid Fun Fizz drink drops make water so fun, your kids will ask for more. Plus, it's just 5 calories.



Babysitter chaos, circa 1950.



Mommy Strategies

How do you get your kids to accept a new sitter?

If you're out on date night and worried the kids are at home throwing tantrums and pelting the new sitter with Goldfish, fear not: Help 'em relax with these readers' savvy tips. **By Lindsey Palmer**

Share your smart mommy strategy!

REDBOOK wants to know: How do you encourage your kid to eat healthier? Send your advice to lpalmer@hearsst.com (subject: Mom Strats) along with your name, age, city, and state. Your quote could appear in a future issue!

"I'll ask the new sitter to come over ahead of time to meet my kids, ages 9 and 6, so they can get to know her. Then when my husband and I go out, we'll provide a diversion to keep the focus off the sitter's newness and distract the kids from the fact that Mom and Dad are gone: They can work on a cool new puzzle or rent a movie and stay up a bit later than usual."

—Bradi Nathan, 38, Livingston, NJ

"I'll schedule a time for the new babysitter to come over before the planned date, and we'll

do the kids' bedtime routine together. It's great for my kids, ages 9, 6, and 4, to meet the sitter with Mom still around."

—Kris Quinn Christopherson, 38, Clarkfield, MN

"Transitions are important for kids, and rather than making our first good-bye a long, drawn-out one, I set up a solid routine: We exchange a special handshake or sing a song together before I go. It's also important to express confidence in the sitter, because kids take cues from the parents; I know I've done my research and know that the babysitter is responsible and caring, so I make sure to show that I'm confident my child is in good hands."

—Michelle LaRowe, 33, Hyannis, MA

"I ask my older son, age 5, to explain his bedtime routine to our new sitter while my husband and I are still around, which gives him a chance to engage her comfortably. Then he feels excited and prepared to help if she has questions after we leave."

—Michelle Poteet, 32, San Antonio

"When we recently got a new babysitter for my 6-year-old daughter, Addie, I picked up a darling book called *Glen Goose, There's a Babysitter on the Loose*. We read the book at bedtime, and in a cute and funny way, it teaches Addie about what it's like to have a babysitter in the house and how to mind her and have good manners."

—Kate Armstrong, 32, Kansas City, MO

"When I hire a new sitter for my three kids, ages 9, 7, and 3, I'll ask her to email me a few photos of herself doing things she enjoys. Then I'll use Mac Pages to create a storybook for the kids so they become familiar and comfortable with her ahead of time. This is especially helpful for my youngest, who handles transitions slowly."

—Heather Allard, 40, Rumford, RI

"We set the expectation with our daughter as early as possible. If we know we are going to have a babysitter come over the weekend, we start talking about the sitter and the fun they'll have together on Monday. That way, by the time the weekend arrives, my daughter is pumped to meet the sitter."

—Michelle Magnetti, 29, Denver

DUNK!

DON'T!!

**OREO
CHOCOLATE
CAKE!**

**SOFT
OREO
CREME!**

**THEY WERE
MADE FOR
DUNKING!
DUH!**



**DUNKING
IS FOR OREO
Cookies
ONLY!!!**

**DOES THAT LOOK
LIKE AN OREO
COOKIE?!**

**DUNK IT FOR
YOURSELF!**



**OR
DON'T!**

[FACEBOOK.COM/OREO](https://www.facebook.com/OREO)



The Imperfectionist

Is my son *trying* to make me nuts?

Aaaargh! That's the sound of this mom hitting her limit with a child who says "no" to everything he used to love.

By Alice Bradley

I couldn't wait to tell Henry the plan. He would be *out of his mind* with joy. The last time we were at the museum, about a year before, he'd wheeled from one exhibit to the next, panting "Can I touch the giant meteorite?" and "Let's see the space show again!" and "Is that a real whale hanging up there on the ceiling? Can it fall down on us?" He had to be dragged out at the end of the day. If you're ever visiting the museum, you can still see little-boy claw marks across the floor leading out of Theodore Roosevelt Memorial Hall.

The next morning I sprung the news of our upcoming excursion on him as he dug into his granola. I waited for him to look up and beam at me.

Instead he glowered down at his cereal. "*That place?!*" he said. "Ugh. Bor-ing."

I suppose this shouldn't have come as a total surprise. During the last few months, Henry had begun expressing the opposite stance to whatever opinions my husband and I held. There was the expected: *Vegetables are gross*. There was the weirdly stubborn: *I won't eat my favorite cookies anymore because you like them too*. And there was the bizarre: *I hate the sun*.

It's futile to argue these points with him, but somehow that didn't stop me this time. I insisted that he *loved* the museum; in turn, Henry argued that *he actually always hated it and he had been*

When my friend Alex recently came to visit with his two boys, we didn't have to discuss where my 7-year-old, Henry, and I would meet them. We knew. It's a fact that when you're in New York City, the best place by far to take kids is the American Museum of Natural History. Okay, maybe our *kids* might prefer one of those massive toy stores with animatronic characters that sing and pelt you with candy, but those establishments tend to cause adult brains to liquefy and dribble out through their ear canals. The natural-history museum is one of the few places our kids enjoy that can keep our brains nice and firm. Everybody wins!

**NEW
GOODNITES UNDERWEAR
ARE A DREAM COME TRUE**

Now with cooler graphics, a quieter, softer fabric, and a more comfortable feel, new GoodNites® underwear are nothing short of a dream come true. Try them. With all those improvements, everyone can sleep a little easier. Sweet Dreams.

© Registered trademark of Kimberly-Clark Worldwide, Inc. ©2010 KCWW.

GoodNites.com

GoodNites®
lighten the night.®



A washer with king-size capacity
so you can spend more time at the ball.



That's the Wonder of Samsung.

The magical moments in life generally don't involve laundry. Luckily, Samsung's latest and largest washer can handle up to 31 towels in one load. Plus its revolutionary PowerFoam™ technology gives you dramatically cleaner clothes the first time. So laundry gets done with time to share. Another way Samsung is Dedicated to Wonder.

Samsung and PowerFoam™ are trademarks or registered trademarks of Samsung Electronics Co., Ltd.
© 2010 Samsung Electronics Co., Ltd.

Washer Model WF520ABP
Dryer Model DV520AEP



TURN ON TOMORROW

**What
parent
doesn't
want a
child who
thinks for
himself?
Me, it
turns out.**



faking. The volume and pitch of our voices rose until the dog had to leave the room. There was a lot of whining and stomping and door-slamming, and I'm hoping that if I don't specify who the culprit was, you'll assume it was Henry.

Finally I pulled the Ultimate Parent Move: I informed him that we were going whether he liked it or not, and if he gave me any more of a hard time, his beloved Lego collection would be donated to his grandparents, who could use it to build that deck they've always wanted.

Henry gave in, but he wasn't happy. Neither was I, frankly. Sure, his feet were shuffling toward the door, but I wanted them to be *skipping*. I wanted his heart to be in this as well as the rest of him! Who was this scowling creature, and where had he hidden my enthusiastic boy?

Up until this showdown, I had quietly admired Henry's determination to forge his own path. He resisted his friends' opinions almost as fiercely as he resisted ours, after all. His favorite TV show, *Wheel of Fortune*, is one his peers had declared "lame." Then there was the time I watched him stand his ground while his friends tried to persuade him—hard—to try a radish. Who wouldn't want a kid who bucks the trends, who couldn't care less

what everyone else is doing? What parent doesn't want a child who thinks for himself?

Me, it turns out. I mean, sure, my pint-size iconoclast will probably be confident and successful someday, but a weak-willed conformist would be *so* much more pleasant today. I don't really want to break his spirit. Not completely. But maybe he could conform just a little bit, in the privacy of our home? Go with the flow when no one was looking?

It's the knee-jerk contrariness that drives me especially batty. For instance: Henry and I often visit the library to borrow books or a movie. During one of our outings, he chose an animated feature called *The Life and Adventures of Santa Claus*. It didn't look promising, but I agreed to try it.

Watching it was, for me, the equivalent of getting beamed on the temple with a Hacky Sack: not exactly painful, but there are far more entertaining ways to spend an hour. In fact, halfway through the movie, Henry wandered away and came back with a comic book, which he perused while occasionally glancing up at the screen. When the movie was finally over, I sighed, "Well, we'll watch something better next week."

He looked at me. "I *loved* it," he said.

"If you say so," I muttered.

"I want to watch it *for the rest of my life*," he said. "That is how much I loved it."

And indeed, every time the next library visit rolled around, he chose *The Life and Adventures of Santa Claus*. The more I suggested we try something else, the stronger his love grew. Week after week, *Santa Claus* came home with us, and our lovely quality time together devolved into me sighing loudly and reading a magazine while Santa Claus battled invisible goblins.

One day I insisted we borrow something else. I chose an animated film that seemed educational yet adventure-packed, and Henry agreed to try it as long as he could turn it off the moment he hated it—which, he knew, would be soon. The movie turned out to be so bad that I pined for *Santa Claus*. Henry seemed engrossed, though, so I snuck away to do something more fun, like scrub the toilet-seat hinges. When I returned, it had ended, and he announced, "That was the worst movie ever."

"It *was* pretty bad," I said.

He glared at me.

"Actually, I liked the part where they went into space," he said. "You missed that part of the movie. Let's watch it again."

Given his storied history of digging in, it's pretty amazing (and a tad embarrassing) that I'm somehow still learning how to avoid direct combat. All I can do is acknowledge his (often insane) opinion, negotiate when negotiation is practical, and roll my eyes behind his back. (Listen, he doesn't always get to be the immature one.)

On the way to the museum, Henry told me that because he was being cruelly forced to join me on this trip, there was absolutely no way he would enjoy himself. I didn't say a thing.

In the end, he had a great time. Of course. He hung out with my friend's boys, he explored all 95,000 exhibits (I'm estimating), and he got to spend his allowance at the gift shop. He even spent a few minutes staring, wide-eyed and slack-jawed, at that whale. Four hours later, I finally persuaded him to leave, and on our way home, I apologized for forcing him to endure such hardship.

"I mean, I do know how much you hate that awful place," I said.

Henry gave me a pitying look. "Sometimes I just say things," he said. "Words don't have to mean *everything*, you know."

Finally, something we can agree on. **R**



Alice Bradley also shares her adventures in parenting at finslippy.com, momversation.com, and lets-panic.com. She lives in Brooklyn with her husband, son, dog, and cat.

KATE LACEY.

So quiet you can do laundry any time.
Even at the stroke of midnight.

That's the Wonder of Samsung.

Only Samsung gives you the magic of our exclusive Vibration Reduction Technology.™ VRT perfectly balances every load to make doing laundry so extraordinarily quiet you and your family will hardly know it's on. A washer that's as peaceful as a lullaby. Another way Samsung is Dedicated to Wonder.

TURN ON TOMORROW

Samsung is a registered trademark of Samsung Electronics Co., Ltd.
© 2010 Samsung Electronics Co., Ltd.

Washer Model WF520ABP
Dryer Model DV520AEP

“Stability, happiness, love— right now I have them all”

“Why don’t you try out for American Idol?” That’s what **Crystal Bowersox** heard over and over from friends and listeners at her local gigs in Chicago. For years, she resisted. What would the Hollywood glitz machine make of a girl with dreadlocks, imperfect teeth, and a raspy, soulful voice? Then, when she was 22, she found out she was pregnant. As soon as her son, Tony, was born, she wanted more than anything to be able to give him a safe, secure life. So she swallowed her doubts and auditioned for the *Idol* judges. Here, in her own words, Mama Sox tells us all about the wild journey—almost getting kicked off the show, her breakup the night before the finale, and the thrill of being able to give Tony all he’ll ever need.

How music has shaped her life

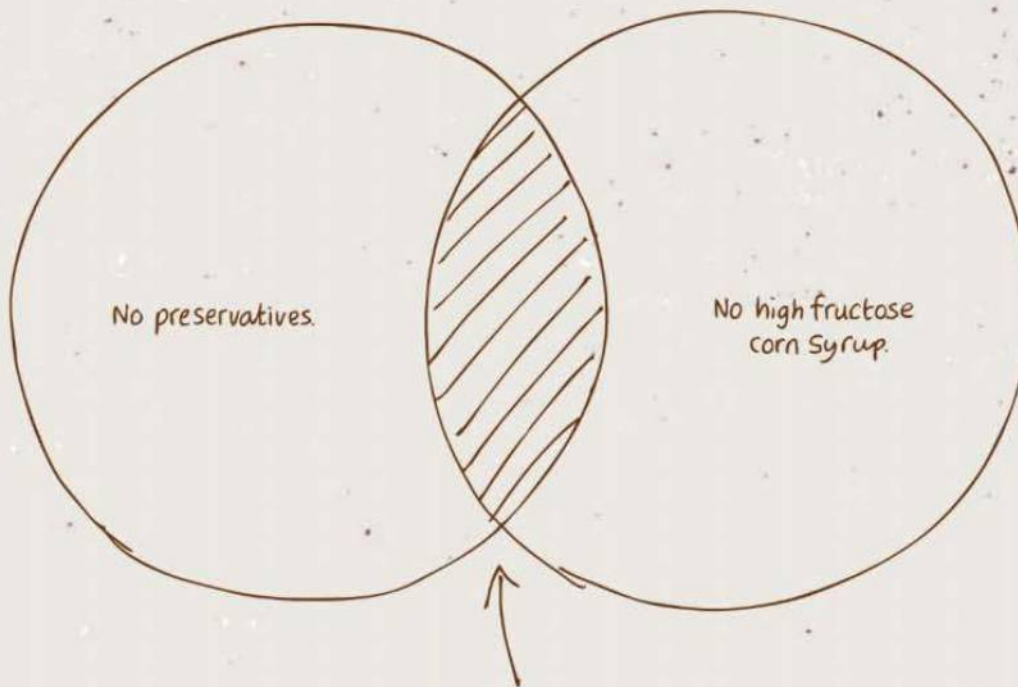
“I knew from the time I was 6 or 7 that music was something I had to do. Growing up, my parents did everything they knew how to do to support me. My dad was always kinda my roadie; he drove me from gig to gig. But I got my own gigs. I was this 12-year-old kid, shuffling business cards, calling people, telling them I wanted to play.

“When I hit 20, 21, everyone was like, ‘Well, what if music doesn’t work out?’ And I was like, *Maybe I should have a*

“Nothing was going to get in the way of me achieving success,” says the *Idol* star.



A simple diagram for tasty tea.



That means it tastes **yummy**.

Diagrams show things. And as this one demonstrates, our teas taste really great. That's because no preservatives or high fructose Corn Syrup means Swiss Premium Teas are naturally tasty.



Refreshingly Simple.

www.swiss-tea.com

backup plan. I was living in Chicago then, and I went to work full-time in a real estate office and went to school full-time at night. Every morning I'd go to the office, answer phone calls, dress up really pretty, and, you know, be somebody I wasn't. I was miserable.

"During the time I worked at that office, I had started dreading my hair. Two weeks after my boss saw them, I was let go for other reasons, but I know it was because of my dreads. But those people really did me a favor. I walked out the door and down the street, and Kingston Mines [a blues club] was hiring. I was a cocktail waitress, but I was in my world and I could be *me*. And on jam nights, when things weren't busy, I'd get up on stage and sing with different bands. I had the best time, and I felt like I was where I belonged."

On surprise motherhood

"When I found out I was pregnant, I was 22. It was really scary because I was working the music thing, and with a kid coming, you just can't live that life with a child. I was single, I was on my own—but I had a great group of friends who backed me up and helped me through the whole thing. My son, Tony, was healthy when he was born, but he had to be in the hospital because he was a little jaundiced; he was also about three weeks early. I called my dad crying, and I was like, 'How did you do this with three kids?' I was a juvenile diabetic, and I was sick all the time growing up, and in the hospital. I had a completely newfound respect and love for my parents and what they must have gone through. Having a kid makes you appreciate your parents so much more."

Mistakes she won't make

"I had what you could call a chaotic childhood. My parents divorced when I was 2; I went back and forth between my mom's and dad's houses for years.

"But, you know, my parents tried to do the right thing. As crazy as everything was, and as much fighting and everything, there was always a feeling of support from them. They were doing the best they could, and you understand that when you grow up. But I know now, through their example, what things I don't want in my child's life. When I was younger, my mom loved me so



FAMILY PORTRAITS
From top: Tony and his mom take to the field in Ohio; Crystal and her twin, Carl; Tony's first Christmas.



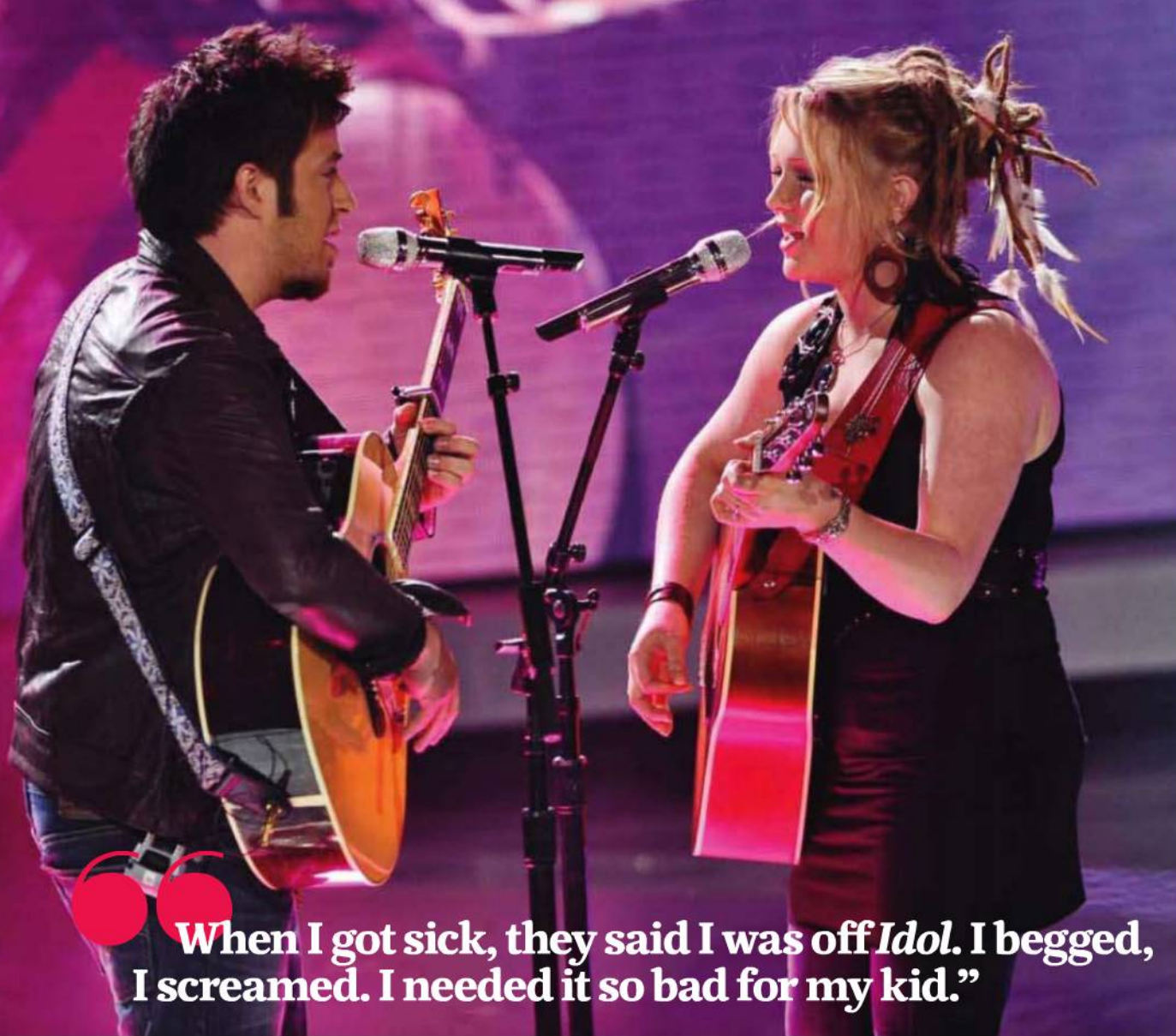
Lunchables

A perfect 10 in the making.

Kids are full of potential. And unlocking it starts with a great sandwich.
New LUNCHABLES Turkey & Cheddar Sub – made with
100% turkey breast and bread made with whole grain.

it doesn't get better than this





When I got sick, they said I was off *Idol*. I begged, I screamed. I needed it so bad for my kid.”

FINAL COUNTDOWN
Although Lee DeWyze (above) would eventually win *American Idol*'s number-one spot, Crystal was a huge favorite with both the judges and the fans.

much that she didn't know how to handle it when I didn't do the right thing. And her disappointment would come out through anger. But you know what? I don't hold it against her. I'm not mad at her now. But that will never happen with Tony and me. You live and you learn and you come to understand that your parents have their own frustrations and issues that you don't know about or aren't capable of understanding when you're young. Just like now, my son has no idea of what I've just been through for him. But no matter what you're going through as a parent, you don't ever lay that on your kid. Children need to be surrounded by nothing but love, kindness, and support.”

Her Ryan Seacrest pep talk

“I went into the *Idol* audition with no expectations; that's just the kind of person I am. If it doesn't happen, it doesn't hurt so badly, you know? But once I made it past the first round, and the second, and third—I started to realize, *Maybe my goals and dreams really are attainable*. It was hard during *Idol* because there were times when I didn't even get to see Tony awake. Toward the end of the show, [my ex-boyfriend] big

Tony and little Tony were living with me. I'd wake up early to leave for rehearsals, and my son would be sleeping. Then sometimes I wouldn't get home until 10 to 15 hours later, and he'd already be in bed. It was hard, and I did go talk to Ryan [Seacrest] at one point because he works 24/7 and I knew he would understand. He gave me the best advice: He said the best thing I could ever do was work hard enough now so I could take care of my family. And it's true. Sometimes you have to work really hard and make sacrifices so you can provide for the people you love.”

The truth about her breakup

“I really want to clear up some misunderstood stuff about Tony's and my breakup the night of the *Idol* finale, and let people know how amazing he was through the whole process. I feel like he's getting portrayed as this person who up and left me on the biggest day of my life, and that's not the case at all. I mean, he's getting hate mail and horrible messages online. So I want to make clear how amazing, kind, and generous a person he is, and that he truly considers my son his son and little Tony loves him. He's been there since my



THE MORE YOU CHEW, THE MORE GOOD YOU DO.

HELP TRIDENT® SUPPORT SMILES ACROSS AMERICA®.

Kids always stick together, especially when it's for a good cause. That's why they're getting behind Trident®. In addition to helping fight cavities, chewing Trident® now helps Smiles Across America® give 250,000 underprivileged kids the dental care they need to keep their smiles healthy and bright. Join us and together we'll chew for smiles.

For a coupon visit us at [facebook.com/tridentgum](https://www.facebook.com/tridentgum)



SMILES
ACROSS AMERICA®
an Oral Health America Program

©2010 Cadbury Adams USA LLC. All rights reserved. Trident® is a registered trademark of Cadbury Adams USA LLC. Smiles Across America® is a registered trademark of Oral Health America. Tridentcares4kids.org.

LESS
SUGAR

— *makes mornings pretty* —

SWEET

Introducing new
Ice Cream Shoppe™
flavors with 25% less sugar*

pop.
tarts_{toaster pastries}

Ice Cream Shoppe™

®, TM, © 2010 Kellogg NA Co.

*Contains 25% less sugar than 55 to 75 of the top 100 toaster pastries (IRI US FDMx Unit Sales 12wk w/e 11/1/09) Kellogg's® Pop-Tarts® Ice Cream Shoppe™ Toaster Pastries contain 11g to 12g sugar/48g serving compared to 16g to 21g sugar/50 to 54g serving in other toaster pastries.

Making It **Work**

son was about 3 months old. And in a lot of ways, he's the perfect man; he really is. But ultimately, we both knew it wasn't going to work out, considering the different lives we were leading. And it's better to come to that realization than to have an unhappy relationship. Mommy and Daddy need to be happy in order for baby to be happy."

Her scariest *Idol* moment

"During *Idol*, I really hadn't been taking great care of myself. You want to forget you're diabetic for a while, and maybe you don't watch yourself as well as you should. I ended up getting sick in March, and they told me I was off the show. I wasn't going to take that. I begged, I screamed, I pleaded. I said, 'I want to meet with the head honchos. I need this so bad for my kid. I'll go home if I'm voted off, but not because of this.' That's the one time I threw a huge fit, and thankfully, they gave in."

The perks of insta-fame

"Sometimes I wake up and all of this good fortune seems crazy; other times it feels like the next step on my path. But I have to say, I'm still the same person. When I had my hometown parade on the show, I called up my twin brother, Carl, and I was like, 'Hey, Carl, I'm coming home.' And he was like, 'Parades are for presidents and astronauts. What did *you* do?' I loved it. He made me laugh for a good hour."

"Even though I have some financial security right now, it's not me to go start splurging on random things. I mean, I've lived my entire life with basically nothing, so what do I need now? The only thing I have splurged on is my son's college fund. He has a college fund, and that makes me happy. I love to say that: 'My son has a college fund.' I never had one. My parents couldn't do that for me. So I love that I'm now able to give that to Tony."

Stepping into a new life

"I like being busy; I like working hard. So in a lot of ways, everything that's happening feels completely natural, like

this is what was meant to be. This summer I'll be all over the country on the *American Idol* tour, flying back and forth between that and Los Angeles. I think Tony will stay here with friends and family who are helping me look after him. But once it's my own tour, he will definitely be with me. And he'll be able to see and have all these experiences, meet all these new and interesting people, do a lot of unique things a lot of kids don't get to do. So it's a lot of new stuff for both of us. I'm looking forward to it."

"Eventually I'd love to find us a more stable place. I'd like to be either here in L.A. or in New York, because that's where Mommy can work. But for now, Tony's jet-setting, and he enjoys it. He loves going new places. And as cheesy as this is, home to me is where the heart is. I'm very at home in my skin. I'm at home when my son is with me."

Why her love life is on hold

"I'd love to have another kid, but as far as love.... You know, love happens when it happens; it's not something you search for. 'Cause you won't find it when you're looking. And when I think about, *Do I want to get married someday?*—it's a strange thing. For me, marriage is about love, not paperwork. I've never been the kid who dreamed of the big white dress, the long veil, the fancy diamond ring. If I ever do get married, I want my husband to be someone who's honest, kind, generous, with a sense of spirituality. I'm not so worried about looks; I'm more attracted to someone's mind than anything else."

The big reward

"Tony's first word this morning was *happy*. I am not joking. At some point in the night, I must've grabbed him out of his crib and brought him into bed with me, and we woke up this morning cuddling. And he sits up and he looks at me and he goes, 'Happy.' And I almost cried. I'm like, 'Really?' I'm doing something right and it feels so good. To me, the definition of success is happiness." **R**

Try our new
Ice Cream Shoppe
flavors


Strawberry Milkshake


Vanilla Milkshake


Ice Creme Sandwich


Hot Fudge Sundae

**pop.
tarts**
inspired by
real treats
Ice Cream Shoppe
TM

©, TM, © 2010 Kellogg NA Co.

Download a coupon at
sprinklings.com/coupon

How to organize a crazy-busy life



Something bugging you? Feeling out of control? Whatever your issue, there's a life coach who claims she can fix it for around \$100 an hour. Hear what happened when writer **Julie Tilsner** hired four of them—and pick up their best tips for *free*.

I'm not one for New Age prattle. I'm a 45-year-old divorced mom of two school-aged kids who pays the rent as a freelance writer and editor. Money's always tight, and I'm ridiculously busy. Still, my life seems to work. I have a good co-parenting relationship with my ex, lots of close girlfriends, outside interests, work I enjoy. I don't drink myself to sleep, and I'm only five pounds overweight.

That doesn't mean I don't fantasize about a visit from a fairy-tale goddess—or a life coach—to help me manage everything on my crowded plate. The truth is, I'm disorganized, undisciplined, and prone to self-doubt. I'm also fairly lazy. I mean, why can't I ever get around to finishing that novel?

I'm just one of many yearning for some practical guidance these days. Everyone from movie stars to the mom down the street is tapping coaches to help them fine-tune their lives. The International Coach Federation, a trade association for life coaches, puts its membership at about 13,500 worldwide, more than double the number less than a decade ago. Today, you'll find coaches for everything from dating to decorating. My dream is for a team of them to swoop in and show me simple and effective ways to improve my wardrobe, home, financial situation, and, well, my future. So I handpicked four coaches to work their magic on me. Full disclosure: All agreed to offer their services for free because I'd be writing about my experiences with them for this article. You see, life coaching is a luxury pursuit, with even the lower end of the scale costing \$50 an hour (and the high end hitting \$200 or more a session). Would all this pricey advice help me? Heck if I knew. But I couldn't wait to give it a whirl. ►

KEEP YOUR LIFE HAPPY— AND BALANCED

Getting fit and leading a healthy lifestyle can actually be fun (and tasty!). Learn the truth behind these common myths to help lead a more balanced life.

TAKING CARE OF YOURSELF MEANS LOTS OF SACRIFICE

Simply not true! There are so many delicious, convenient foods that are also good for you. And, engaging in physical activity can be as easy as spending a Saturday afternoon outdoors.

NO ONE CAN DO IT AS WELL AS I CAN

Let's face it, we've got a lot on our plates. But trying to do it all can take its toll. While you might be a blackbelt in multitasking, give others permission to lend a helping hand. It's a win-win for everyone!

CHOPPING AND PEELING ARE KINDA RELAXING AT THE END OF THE DAY

For who?! Now, you can get crisp vegetables, tender meats and al dente pasta steamed to perfection in a revolutionary microwavable pouch with **New Lean Cuisine® Market Creations®**. It has all the taste of a freshly prepared meal in minutes. You'll be saying "yum" in no time!



NEW



Shrimp Scampi
Shrimp with pasta, broccoli, yellow carrots and red peppers in a lemon garlic sauce.

Enjoy **LEAN CUISINE® Market Creations®** for a deliciously steamed dinner. All 8 varieties have the authentic taste and texture of a freshly prepared meal—without any fuss!

LEAN CUISINE®
keep life delicious.™
visit leancuisine.com



CHEW ON THIS!

Check out these tips & tricks from Hungry Girl for lightened-up, super-delicious dinners...

- With tasty ingredients and flash-frozen veggies, today's frozen meals rock. Nuke it, baby!
- Eat it up, guilt-free! Swap out your fave cheeses and salad dressings with low-cal versions.

BUY 3
LEAN CUISINE®
MARKET CREATIONS®
& GET A FREE
GIFT!



Get your **FREE** gift with purchase—a copy of *Hungry Girl 1-2-3: The Easiest, Most Delicious, Guilt-Free Recipes on the Planet* by Lisa Lillien.

Just purchase any three **Lean Cuisine® Market Creations®**.

WHILE SUPPLIES LAST
Simply send your original receipt(s) and UPC codes from the original packaging along with your name and address to:
REDBOOK, 300 W. 57th St., 22nd FL, NY, NY 10019, Attn: Lean Cuisine®.

Must be 18 years or older and a resident of the 50 United States and District of Columbia. Void where prohibited by law. Sponsored by Hearst Communications, Inc. Receipts must be received by 8/31/10. As soon as Sponsor has received the last eligible entry, Sponsor will post a notice on redbookmag.com/rboffers so that all consumers are notified that there is no longer a chance to receive the gift. Sponsor's order of receipt of entries is final. Void where prohibited by law. Limit one entry per person or address. AVR: \$19.99. Gift fulfilled within 6-8 weeks following the conclusion of the promotion period.

Top 3 wardrobe tips

■ **Clean out your closet every six months.** Do one purge at the beginning of spring (for warm-weather items) and another at the start of fall (for sweaters and such). Wardrobe pare-down rule: If you haven't worn a given item in a year, it's gotta go!

■ **Buy yourself a shoe organizer.** It's more space efficient than storing shoes in individual boxes, and you can see what you own at a glance.

■ **Shop smart.** Once your closet is cleaned out, make a list of the top five purchases you still need. Here are five key items every woman should own: (1) a fabulous pair of trousers for work or for rallying the PTA troops, (2) a pair of dark-wash boot-cut jeans, (3) a comfy but stylish dress for the office or your kid's choral concert, (4) black patent-leather shoes that work for work and can go into evening, (5) a soft, flowing feminine top that also shows your shape.

COACH #1

The closet guru

I am every inch the frazzled mom when I meet my personal style coach, Laurie Graham. And she is every inch the glamorous Hollywood stylist, from her eye-popping orange scarf to her pedicured toes. This is gonna be good.

I explain to Laurie that though I have lots of clothes, I need a better sense of how they can work as ensembles, and I also need one killer outfit for the occasional work meeting. Basically, I need a closet overhaul. So she conducts a "closet audit" to assess what I have. Laurie says that "most people wear 20 percent of what they own 80 percent of the time"; she encourages me to ditch pieces I haven't worn in years, like those "professional" slacks I no longer have the shoes (or hips) for. To the thrift store with them. She also finds much worth keeping—including a Diane von Furstenberg wrap dress and several cashmere pieces.

Next comes the cringe-inducing part. "How much are you looking to spend?" she asks. I gulp. "Between \$300 and \$500," I lie—I really have only about \$100 to spend, and even that's pushing it. Laurie nods professionally, adding, "That won't get you very far." She says that when clients come to her for a wardrobe overhaul, they typically spend a few thousand dollars. I try hard to maintain a poker face, and agree to that budget. An *overhaul* is, after all, what I asked for.

A few weeks later I head to her house to try on what she's found for me. Gorgeous clothes, shoes, jewelry—it's all there. She then layers clothing on me, like short jackets over long blouses, adding belts, scarves, gold hoop earrings. I look more fashionable than I've ever seen myself. I buy two pairs of pants, a skirt, three tops, a pair of shoes, earrings, and a necklace.

Yep, I overspent. But several pieces have become stars of my wardrobe, like the Nanette



Lepore black pencil skirt that matches everything. Other items, like the shoes, look great when I'm standing in front of the mirror—but they don't actually stay on when I walk in them, which I didn't discover until it was much too late to return them.

Still, when I try on my new "power" outfit for my daughter, she gasps. "Mom! You don't even look like yourself! You look so... important!" That statement alone almost pays for everything.

WORTH IT? Maybe. Women with a reason to look sharp all the time might find it invaluable. The rest of us shouldn't hesitate to seek out the free services of a department-store personal shopper—or occasionally raid the closets of our better-dressed friends. And everyone should force themselves to do a closet purge, so you can see the good stuff you already own. ►



SHOW OFF YOUR STUFF! Make sure you can see and reach everything in your closet. (Store the out-of-season stuff out of sight.)

CLOSET: MARK LUND.

NEW
STEAM
POUCH

**FOOD
MYTH
#9**

AFTER A LONG DAY,
I SO HAVE THE ENERGY TO
WHIP UP
A NICE **DINNER.**

YOU'RE KIDDING, RIGHT?

Introducing new LEAN CUISINE® Market Creations. The amazing steam pouch gives you crisp vegetables, tender chicken and al dente pasta, all freshly steamed with zero fuss. It's a dinner revolution, exclusively from LEAN CUISINE®.

LEAN CUISINE
keep life delicious.™

VISIT LEANCUISINE.COM FOR 8 NEW MUST-HAVE VARIETIES.



Top 3 organizing tips

■ **Sort clutter “like with like.”** Put items into groupings—books with books, paper with paper—to jump-start organization.

■ **Create a mail station.** Set aside a space in your entryway where you can open, sort, shred, and dump mail as needed to prevent buildup.

■ **Put key papers into binders,** and divide each into categories (for instance, a school binder could contain sections for report cards, syllabi, and after-school activities) so you can find what you need—fast.

COACH #2

The clutter doctor

What do you get when you add a 10-year-old son, a 13-year-old daughter, a small living space, and one disorganized mom? Piles and stacks everywhere. Jennifer Palais, a home organization coach based in Los Angeles, is unfazed by the mess. “Most of my clients tell me they’re not organized people,” she says. “But you can learn to do this.”

I show Jen my trouble spots: the dining/living room table, the kids’ rooms... and every flat surface. First, we tackle the table—the catchall for bills, Lego creations, you name it. We divide these by category (bills, books, etc.), and in two hours, the table is clear, the built-ins around the TV are clutter-free, and I can sit on my couches without moving laundry. The trick to speeding through these tasks, Jen says, is to be fearless in the face of hard decisions and file or toss items you haven’t looked at in a month.

To cut down on daily clutter, Jen has me choose a



Keep a binder for each family member to avoid that where’s-the-permission-slip panic.

specific place for everything: a library-book basket, a three-ring binder for each kid.

And I’ve now embraced

the idea that before I toss my mail down, I must sort the junk from the pertinent: bills in a bill basket, school stuff in the kids’ binders, and the like.

Later Jen invites the kids to play the garage-sale game with their bedroom belongings, sorting what they want to sell into one bag, what they want to donate into another. The sale was a hit: Each kid made more than \$50—so I bet they’ll play the decluttering game on their own every few months.

WORTH IT? Yes. All my papers now live in one of seven clearly labeled binders. And I have new techniques to keep chaos under control, such as attacking stacks as soon as they start to grow. Being organized may not come naturally to me, but it’s definitely a skill I can master.

COACH #3

The money manager

As a freelancer, I have a feast-or-famine income. So I love the idea of being taught to live within my means—and finding ways to tackle my appalling \$10,000 in credit card debt. Enter money coach Lynnette Khalfani-Cox, a former *Wall Street Journal* reporter who conquered her own \$100,000 of credit card debt in three years.

Lynnette tells me I’ll still be allowed some luxuries. Why? Working hard without buying anything for myself will lead me to resent and abandon my



budget. I opt to spend \$100 a month on yoga classes.

Next up: credit card debt.

The key, of course, is to stop charging and use windfalls (a tax

refund, a divorce settlement) to reduce the debt. Lynnette sends me to myfico.com, where for \$47 I check my credit score. Mine is in the 760-to-780 range—higher than most of the country. If I pay off my cards, my credit will be nearly perfect.

We delve into other practicalities. Renter’s insurance: “If something happens—a fire, for instance—you’ll be glad you have it,” she says. A will: “People are often shocked at what the state laws dictate is done with your assets versus what you would have wanted,” she warns. Finally, retirement savings: I assume I don’t have access to a 401(k) as a freelancer, but Lynnette tells me about a tax-free investment vehicle known as the Solo 401(k). There are tax penalties for touching this money before I’m 60, but that’s fine—it means I can’t raid that stash next time there’s a famine in freelance land.

WORTH IT? Yes. While I already knew some of this stuff—debt bad, saving good—I welcomed the nudge to get renter’s insurance and draw up a will. And setting up a tax-free 401(k) plan means my financial future is looking brighter, even as a freelancer. ►

Top 3 money tips

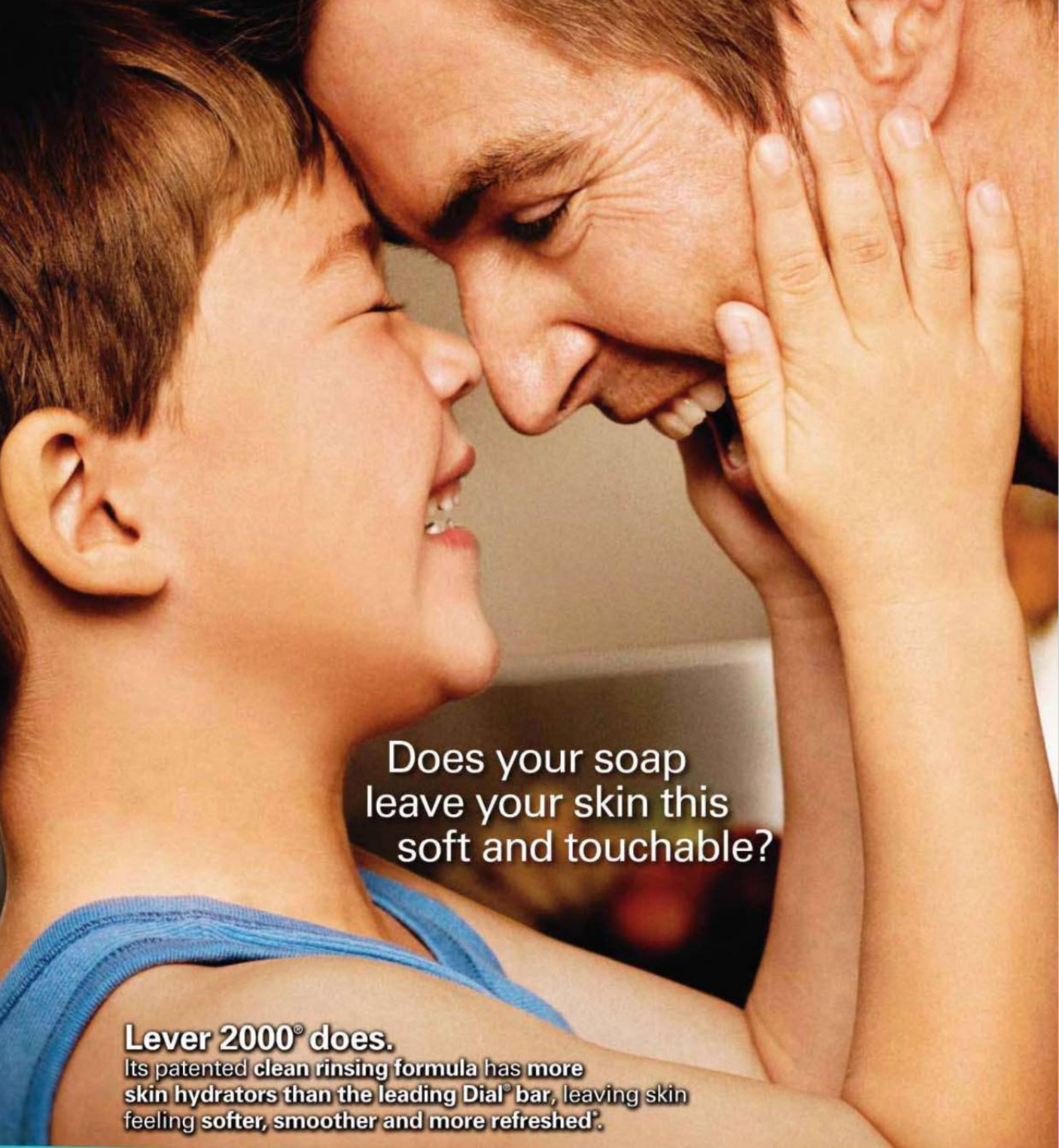
■ **Know exactly what you owe, what you’ve saved, and what you’re spending each month.** Write down everything in black and white so you’re not in denial about your financial situation.

■ **Create a realistic budget.** And include a modest spending allowance. If you deprive yourself for too long, you won’t stick to your plan.

■ **Make the most of windfalls.** If you get a bonus from your job, an inheritance, or whatever, use that cash to pay down your debt. Tackle the debts with the highest interest rates first (usually your credit cards), then pay off student loans, car loans, or your mortgage. Every bit helps!



Just taking two seconds to store your receipts will make tax time a breeze.



Does your soap
leave your skin this
soft and touchable?

Lever 2000® does.

Its patented clean rinsing formula has more
skin hydrators than the leading Dial® bar, leaving skin
feeling softer, smoother and more refreshed*.

Lever
2000®

BECAUSE
EVERY
TOUCH
COUNTS™



*Based on a blind study where consumers rated Lever 2000® bar significantly higher on skin feel attributes than consumers who tried the leading Dial® bar. Dial is a registered trademark of Pure and Natural company. ©2010 Unilever

lever2000.com

Top 3 live-your-dream tips

■ **Figure out what you want.** Have you dragged your heels on, say, investing in a cherished hobby? Instead of dwelling on your resistance, focus on what you *want*—such as the joy of creativity.

■ **Try shifting your perspective.** Turn a chore into a choice by changing your language from *have to* to *want to*. You'll be more productive and have more fun.

■ **Make three lists.** Every night before bed, write these lists:

(1) Wins: These are what you want to congratulate yourself for accomplishing that day, like, "Followed up on two new job leads."
(2) Do: Remember those wants you identified? Jot down four or more steps you'll take the next day to help you achieve one of them, like, "Write five pages of my book." Then, do them!

(3) Be: Here, write the qualities you want to embody and express, that make you feel good about yourself and how you lead your life. Example: "I want to be especially kind."

COACH #4

The motivator

Now that I've got some practical life-improving skills down, what about the bigger picture? I mean, it's great that I can see my living room table and have a new power outfit, but there's more to me than that. I'm coasting through my middle years, when I should be soaring.

"Life coaching is about helping you create your ideal life," New York City-based life coach Stefanie Ziev tells me. Her job is to help me identify the factors that are holding me back from my goal: to break through the massive writer's block and insecurity that keep me from finishing bigger projects. Like that novel, for instance, and a humor anthology I've had in mind for years.

We schedule a 45-minute weekly phone meeting where I am allowed to set aside my deadlines and errands and talk about myself. Just planning and prioritizing this time for me seems decadent, and at first I find myself dreading the appointed time with Stef; at this age, I don't relish examining my faults and why they trip me up. But when I try to dance around an issue, my coach insistently brings me back to the topic at hand. And it's not as if she's a drill sergeant. She's kind but firm, inquisitive and forgiving, humorous and wise. There's no pathetic admission I could make that could dampen her enthusiasm on my behalf.

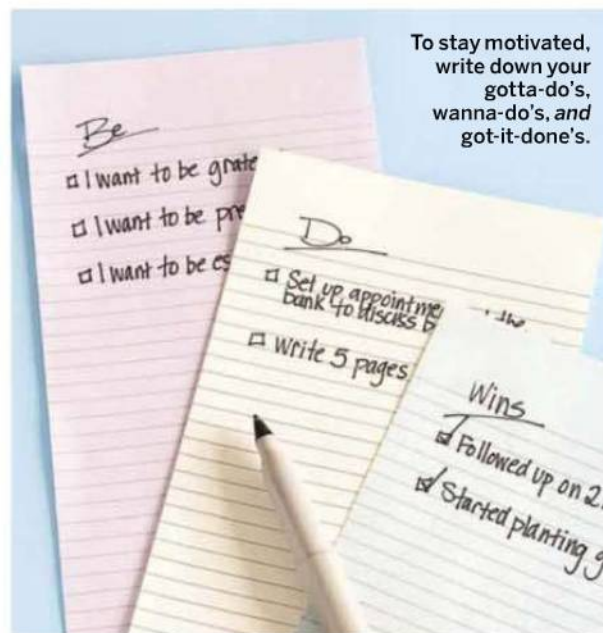
For weeks, we look at my insecurity. What keeps me coming back is the profound "aha!" moment I get out of each session, like the revelation that self-esteem is at the root of just about everything holding me back—in relationships, in creative work, even in the way I view earning money to provide for my kids. Alongside the epiphanies come concrete tools for working through my creative block:



Stef suggests I try using a timer when I work on my novel, and giving myself permission for 30-

to 60-minute blocks, as often as I want, to ignore email, the phone, and my own insecurities (which are screaming at me that I'm wasting my time with this silliness, because it will only lead to rejection). Thanks to setting aside those for-me minutes about three times a week, I've managed to bang out more than 100 pages of my work, which makes me feel elated, and optimistic about finishing.

WORTH IT? Absolutely. The realization that I don't have to let my dreams lie fallow is intoxicating. This was the coaching session I was most skeptical about, but it turned out to be the most valuable. Seeing the bigger picture puts everything in perspective, which makes my goals feel totally within reach.



To stay motivated, write down your gotta-do's, wanna-do's, and got-it-done's.

So does coaching really help?

Skeptics say a coach is just someone you pay to be your friend. And while it's true that you probably do have pals out there who can dress you for success or pep talk you through a daunting task, chances are they won't drop their own life to help you fix yours. You hire a coach because that person has the time and training to help you get what you want. And after three months and four coaches, I discovered

that what you gain from the process is directly proportional to what you put into it. Is my life perfect now? Nope. Can I better deal with it? Absolutely. It's as if along with the physical clutter, I cleared the mental clutter too, which means I can see the path I'm walking down and tread it mindfully. And if my kids still don't clean their rooms? Hey, maybe the *Supernanny* is available.... **R**

MOTHER NATURE HAS
MET HER MATCH

Outsmart Mother Nature

TAMPAX



Serena Williams trusts **TAMPAX PEARL®** plastic. Its unique **FormFit™** design expands for a **better fit to stop more leaks.***

FIND OUT MORE ABOUT **FORMFIT™**  AT TAMPAX.COM/FORMFIT

*vs. Next Leading Brand

COVER STORY





"YOU DIVE IN AND MAKE YOUR LIFE WORK"

Sheryl Crow's got a new album, she's touring the country, and, oh yeah, she's now the mom of two supercool little guys. Writer Laurie Sandell was one of the very first to meet baby Levi. Now it's your turn!

Driving up the road to Sheryl Crow's home, a sprawling, 154-acre ranch on the outskirts of Nashville, it's easy to see why the singer would trade her Los Angeles life for *this*. The landscape is dotted with barns, cows graze peacefully in the fields, and the only sound is the rustle of leaves. Sheryl, 48, bought the house in 2008 and spent the next few years knocking down walls, rummaging through thrift stores, and putting her unique stamp in every corner, as I get to see firsthand once I've arrived. The wall of one bathroom is covered with antique photos in tiny gilded frames, a giant colorful fish tank with a counter on top doubles as a kitchen island, and a collection of vintage birdcages dress up a porch. Later, on a tour of the stables, I see the saloon Sheryl has built, complete with cold beer on tap, swinging Western doors, and a polished wooden bar she found on eBay. She likes to put her boots up here, after riding her horses with girlfriends. ►

Photographed by Gilles Bensimon

In the kitchen I am greeted by a nanny and 3-year-old Wyatt, who is shaking a pair of maracas. "Dance!" he cries, giggling and grabbing my hand. Fifteen minutes later, the singer strolls into the room. Dressed in a tank top and jeans, her hair long and loose, she apologizes for the chaos and saves a maraca Wyatt is smashing against the floor. "I actually use this one!" she says with a laugh. I'm still taking in the scene when Sheryl asks, "Can you keep a secret?" Smiling, she points to a wicker bassinet on top of a marble counter. I look inside and see a tiny, swaddled infant; it is her 3-week-old son, Levi James.

"Shock" would be a major understatement to describe my reaction; after all, she hasn't yet announced her adoption of a second son. But the proud new mama can't wait to show him off, so she's giving REDBOOK the very first glimpse.

It's great to hear Sheryl's good news. Given her long history of public service, her down-to-earth persona, and all the iPod happiness she's provided over the years, Sheryl is the kind of person you root for. Yes, she's sold more than 35 million records, won nine Grammy awards, and performed with everyone from the Rolling Stones to Michael Jackson to Luciano Pavarotti. But she's also gutted out some tough moments: Four years ago, Sheryl went through a public and painful breakup with multiple Tour de France winner Lance Armstrong. Immediately afterward, she was diagnosed with breast cancer.

Curling up on a couch in her living room among her favorite guitars—next to mother-son matching drum sets!—Sheryl talks with surprising candor about her romantic struggles, her new album, *100 Miles From Memphis*, and, of course, the newest guy in her life, little Levi.

Okay, guess I'm throwing out my original list of questions. You have a new baby!

[Laughs] Yeah, it's been in the works for a while. I was hoping to adopt a child when Wyatt was 2; a lot of the adoptions fell through. But things always work out perfectly. They just do. Generally, when you let go of your vision of how something is supposed to be, the universe hands you exactly what you need. And for Wyatt, 2 would have been too early. It would have

been difficult for his self-esteem. But 3 is perfect because he's very well established now in who he is. He helps me with Levi's baths, with the burping. He helps me hold the bottle. He's very involved.

Do adoptions commonly fall through?

Absolutely. There's always that situation where the mom cannot live with the idea of giving the baby up. Generally, all the big choices are made in favor of the biological mother.

Were you in touch with Levi's mom throughout her pregnancy?

No, it was a closed adoption. So we're starting fresh, and there's something kind of great about that. For me, I have such a strong desire to make sure this baby will always know he was terribly wanted.

What did you do on the day Levi arrived—did you just sit around and look at him?

We were in a hotel in Mississippi, where he was born. Wyatt was with me. I wanted to make sure we were in a neutral area when he met the baby so his world wasn't rocked. Also, Levi brought lots of cool things for Wyatt, little toys and presents. How he knew what Wyatt liked... I guess he had a little help. [Laughs] But Wyatt is such a social little bug, I think it will be fun for him to have a partner in crime to pal around with. I'm really close to my family, really close to my siblings, so I love that Wyatt will have his brother. I don't know if there will be more, but we'll see.

Were you open to having a boy or a girl?

I didn't care what color, race, gender, whatever; didn't care.

Do you feel a lot more prepared the second time around?

I used to be a schoolteacher, and I've been around kids my whole life, so there were no big surprises. When Wyatt was first born, I had a really wonderful baby nurse who told me you don't adapt your life to your children's lives; you adapt your children's lives to yours. Wyatt came on the road with me when he was 3 months old; he's seen all the zoos and aquariums around the world. So my life hasn't really changed that much, it's just been enhanced.





ON THE JOB
Sheryl brought
3-year-old Wyatt
to the cover
shoot. Mommy
got glammed up;
Wyatt played
traffic cop.

How did you get to the point where you were ready to have a child?

I always knew I wanted to be a mom; it was just a matter of when. I'd just been through a pretty painful breakup where there were kids involved, and I'd also been through breast cancer treatment. After that, I felt an acute sense of urgency about how I wanted my life to feel. Since I wasn't married, my idea of what the picture was supposed to look like no longer served any great purpose. So I started the process of doing an adoption "home study," which means you fill out paperwork, get certified in infant CPR. The idea was, if the opportunity came, I would be ready.

What are some of the challenges of doing it on your own?

I'm not doing it on my own: I have my band and crew, and my kid is growing up with so many great, strong, and very present male figures. My father and brother are very involved; Wyatt's got great cousins whom he just worships; and the guy who runs my farm, Chuck, is here every day, all day long. Of course, I still hope to have a partner who wants to be involved in raising my kids. But Wyatt has a built-in family around him all the time.

What advice would you give to moms who want to adopt as a single parent?

The only advice I have is that there will never seem like a great time to do it—just like when you're married, it never seems like the perfect time to have a baby. So you dive in and make your life work.

Who are your mommy friends: Who gives you great advice, or lets you vent?

Oh, gosh, I've got great mommy friends. Here in Nashville, it's Kim Williams-Paisley [the actress and wife of country singer Brad Paisley], Nicole Kidman, and another friend, Tracie Hamilton. They've been a wonderful resource for me. We get together at each other's homes, make dinner, and have girls' nights in. Or we'll go out for dinner and a drink—though we're mommies, so we don't let it all hang out. We've had good conversations about vaccinations, child-rearing, the "terrible twos"! Luckily, Wyatt's past the "terrible twos" now, which is great. ►

"I have a strong desire to make sure this baby will always know he was terribly wanted."



Every parent has a funny story about traveling with their kid. What's yours?

When Wyatt was around 2 years old, we took a long flight to Japan. So I did the one thing I said I'd never do, which was to quote-unquote drug my kid. I gave him a little bit of Benadryl, thinking that would mellow him out. Instead, it was like I'd given him a shot of speed. At one point, he was sitting on the lap of an older Japanese woman and talking across the table to another Japanese couple, none of whom spoke any English. You know that saying, "Don't try this at home"? Word to the wise: If you're going to try Benadryl, do try it at home—before you get on an airplane.

Switching gears, you recently finished up a stint on *Cougar Town*, playing a 40-something woman romancing a man who usually goes for much younger women. Was the character a stretch for you?

Acting was a stretch for me; I hadn't done much, let alone comedy. Courteney [Cox] asked if I wanted to do it, and I adore and worship her, so I said yes. It was good to get out of my comfort zone.

How do you feel about the cougar trend?

It's the word that's negative—older men have been dating younger women forever. In college I used to wait tables at Bullwinkle's in Missouri, and there were always

Every day is a winding road

She's a rock star, an activist, an actress, a mom. Sheryl Crow shares a few of the many places her life has taken her.

"This was at the 2008 Democratic National Convention. We were nominating our first black president and part of something greater than ourselves. I was in a stadium full of people feeling optimism for the future of this country. It was electrifying."



HAIR: REBEKAH FORECAST AT THE WALL GROUP; MAKEUP: KRISTOFER BUCKLE AT THE WALL GROUP; MANICURE: GINA EDWARDS FOR LIPPMANN COLLECTION; STYLIST: NICOLE FERREIRA AT THE WALL GROUP; THIS PAGE: BEADED TOP: RALPH LAUREN; JEANS: ANLO; BRACELETS: ALEXIS BITTAR; RING: ME&RO; EARRINGS: IPPOLITA; PREVIOUS PAGE: FLORAL TOP: ROBERTO CAVALLI; JEANS: J BRAND; JEWELRY: ME&RO; SHOES: MIU MIU.

older guys hitting on younger women. We had a name for them: "bird dogs." So I think we should start calling them that.

Would you date a much younger guy?

Yeah, if I met somebody who I felt was an equal and an ally, I don't know that I'd care that much about age. I think it just depends on the level of maturity.

As a mom, are you looking for different qualities in a partner now?

I'm not looking. If I meet somebody I adore and who adores me, and wants to help me raise my kids, great. I'm not a person that says, "Okay, I've got to get married and have kids—now." I have kids. It certainly makes you qualify your relationship in a different way, rather than asking, "Is this somebody I want to have kids with?" That's a terrible situation for a man to be in, and it's not good for a woman either.

Now, at the New York Women in Communications' recent Matrix Awards, you were very funny about your three broken engagements: that you loved being engaged but didn't know how the rest works out...

Being engaged has had its up moments, I'll tell you that. *[Laughs]*

What was the most important lesson you learned from those experiences?

It's never a good thing to have somebody ask you to get married because they think

if they don't, you're going to leave. I've had that happen two out of the three times now. And I think getting married doesn't save a relationship that's already gone down the tubes. There's something really beautiful about creating a family, but if you're with someone who doesn't have that same vision, at a certain point you have to decide whether you're moving in the same direction. It's not enough to say, "Let's get engaged" if you're not going to be able to say, "Let's get married."

Let's talk about your new album, *100 Miles From Memphis*. You describe it as a "funky, soul-based record." How important is it to you to change up your sound, style, look?

I'm really excited about the new record. It's much more carefree and not nearly as sociopolitical as ones I've done in the past. There are songs dedicated to peace and a higher ideal, but for the most part, it's inspired by music I loved growing up, like Al Green, Aretha, and Marvin Gaye.

You're doing a few dates with Lilith Fair this summer. What's it like to work with women who are just up and coming?

It's always fun because it reminds you not to lose touch with your original excitement about music. I love Feist and Neko Case, though they're not brand-new, and there are a lot of young gals like Colbie Caillat and Ingrid Michaelson, both good players and songwriters. It's very inspiring.

One of the ways you've recently connected with people was your battle with breast cancer. How did that experience change you?

It changed me in almost every way. It rebooted my sense of what was important. I learned to take care of myself emotionally, putting myself first and allowing other people to take care of me as well. It's great to be a strong woman, but when you're never allowing your needs to be met, or even heard, it catches up with you.

What percentage of your life is devoted to your causes, like the environment?

I hope at least 25 percent of it. I want my kids to see me as an activist and a humanitarian, and for that to be part of who they are too.

What would you like your future to look like? What do you envision for yourself?

I see myself becoming more and more of an activist, continuing to work on my spiritual life and using my name for good. I'd like to introduce my kids to the idea of being a part of a community: being around people who are going through different things and understanding what it means to help. It's interesting, when I think about what comes next... you could have asked me that 10 years ago and I would have talked about my career. But now, it's my children; *that's* what I see dictating the next five, 10, 15, 20 years of my life. **R**



"It was really fun to act on *Cougar Town*. I was telling Josh [Hopkins] they should extend my character, that perhaps I should come back and say I was pregnant!"

"Wow, my hair was blonde! This was a Stand Up to Cancer event; the first time, I think, the networks aired a fund-raiser for two or three hours. I love that everyone came together and was a part of this moment."

"I'm still reeling from the Matrix Awards; I felt so honored to be included with such an incredible group of women. I've always loved Doris Kearns Goodwin's writing. And yeah—I was wearing the same dress as Tina Fey!"

"Oh, I love this picture! It was the first time my little boy pulled his own backpack. He was such a big boy that day, with his little buzz haircut. And look at his chubby legs; it was before his real big growth spurt. I'm madly in love with my son. I cannot tell you."



5 BEAUTY TRICKS

TO TRY BEFORE SUMMER'S OVER

These laid-back, easy, sexy ideas are perfect for right now (and if you get hooked on a look, we'll show you how to take it into fall).

By Cheryl Kramer Kaye Photographed by Grace Huang

TRY IT NOW **Pastel makeup**

Sea-foam green, cornflower blue—even the shade names evoke summer. “Pastels look good on everyone,” says New York City–based makeup artist Sue Pike, who created the makeup looks here. “Paler skin tones can wear virtually any pastel, and darker skin tones look especially beautiful in blues.” On Svenja and Jeanette, at left, Pike applied a sheer wash of powder shadow from the lash line up into the crease, then blended it upward with her finger. For more definition, she added eyeliner in a darker version of the pastel shades and a coat of mascara on the upper lashes. Green shades to try: Physicians Formula Organic Wear 100% Natural Origin eye shadow duo in Green Eyes Organics, \$8, plus Mally Beauty Evercolor Starlight waterproof liner in Caribbean Sea, \$15. The blues: Clinique Colour Surge Eye Shadow Super Shimmer in Blue Lagoon, \$14, plus Maybelline New York Line Express eyeliner in Blackened Sapphire, \$6.

THE TWEAK FOR FALL Use your dark liner like a shadow in the crease, Pike says. Apply it from the center of the eye outward, meeting up with the lash line at the outer corner.



TRY IT NOW Braiding your hair

Yes, grown-ups can have their *Little House* pigtails moment. But don't go straight for the tidy Laura Ingalls look; you'll want something (forgive us) wilder. "What makes these braids look modern is their roughness," says New York City-based celebrity hairstylist Jim Crawford, who styled our models' hair. Don't brush hair smooth before braiding; just comb with your fingers. Part your hair, then pull sections to just behind your ears at mid-ear height and start your braids there. Then rough up the braids a bit. "The messier, the better," Crawford says.

THE TWEAK FOR FALL A single side braid is the perfect transitional style. Keeping the top loose, pull all your hair to one side of your nape and start your braid at the bottom of your ear.

TRY IT NOW

Going backless

It's so sexy—but only if you're all clear of the dreaded back acne. Jeannette Graf, M.D., a clinical assistant professor of dermatology at Mount Sinai Medical Center in New York City, suggests alpha- or betahydroxy acid peel pads to lift off pore-clogging dead skin and oil. (Don't strain a muscle trying to reach; ask for help!) Try Dr. Dennis Gross Skincare Alpha Beta Daily Body Peel, \$78. Or get easier back access with a spray-on salicylic acid toner, like Glytone Back Spray, \$28. Bonus: The sloughing also improves skin tone, which might be uneven from a season's worth of strap marks.

THE TWEAK FOR FALL Keep showing off in a low-back cocktail dress. In cooler weather, backne will be less of an issue, but dryness starts to sneak in. Graf favors a cocoa-butter oil spray and likes the cheapie generic CVS Pharmacy Continuous Spray Cocoa Butter Dry-Touch Body Oil, \$7.





TRY IT NOW **Lavender polish**

The breakout color of Summer 2010 looks great on everyone. "You don't have to second-guess, 'Will this look good on me?' It will!" says celebrity manicurist

Elle. You can double up with a pale, creamy shade on fingers and a deeper shade on toes. Shown here, on fingers:

Duri nail color in Bonjour France, \$5.

On toes: CND Eclectic Purple, \$9.

THE TWEAK FOR FALL Pale lavenders will seem too sweet against fall's richer colors, but the darker shades can make the move to your hands, Elle says.



TRY IT NOW **An almost-bare face**

Totally bare takes a lot of courage (or the skin of a 12th-grader), but these light touches polish you up just enough. Start with a tinted primer, which smooths out your skin's texture while adding a hint of tint. Try Murad Hybrids Skin Perfecting Primer Dewy Finish, \$35, or Per-fékt Beauty skin perfection gel, \$58. Then give cheeks and lips a touch of color with a berry stain, like Three Custom Color Specialists Cool Mom on the Go lip & cheek stain, \$23. Or, you know that old "use your lipstick as your blush" trick? This is the time to use it, Pike says. With your finger, dab a berry lipstick onto cheeks and lips. Finish with a coat of mascara on top lashes.

THE TWEAK FOR FALL Something about back-to-school season demands a tiny bit more effort, but you don't have to add much. Just load up on the mascara, top and bottom, Pike says, and apply the lipstick directly from the tube for fuller coverage.



PUT HIM FIRST

If you each put the other at the top of your list of priorities, your marriage will stay strong.

PHOTOGRAPH BY [illegible]

your marriage protection plan

Top couples therapist Dr. Jane Greer has figured out exactly what causes infidelity—and how to stop an affair long before it starts. If you cherish your relationship, you'd be crazy not to read her advice. By Hagar Scher

These days, stories of cheating are dime-a-dozen. And it's not only Oscar winners, athletes, and political hotshots whose lives are being ripped apart by infidelity, it's also people you know: your neighbors, that cute couple from your kid's school, a coworker, a friend. You hear the same heartbroken refrain: "I didn't see it coming." Is it any wonder that even those of us in happy marriages are scared?

Renowned marriage and sex therapist Dr. Jane Greer says that our fears are not unfounded. "I'm seeing more and more couples—good, nice couples—who are struggling to put the pieces together after an affair," she says. "And, in my experience, women and men are cheating in equal numbers." During 20 years of counseling, Greer has identified signs that a relationship may be slipping toward infidelity. "I've seen hundreds of couples enter into what I call the Cheating Zone," says Greer, the author of *What About Me? Stop Selfishness From Ruining Your Relationship*, out this fall. "The Cheating Zone is that place where one partner isn't getting what they want from their relationship. His or her dashed hopes lead to anger and resentment and set the stage for the justification, 'I have a right to make myself happy.'"

Make no mistake: Cheating is never the fault of the person who is cheated on. Stepping out on the person you vowed to stick with through thick and thin is the dishonorable path of least resistance. Still, barring the public examples of people who seem to be missing the gene for self-restraint (Tiger, Jesse), most cheaters are made, not born. "They're acting out of deprivation and neediness," Greer says.

Okay, so how do you stop an affair from happening? Better yet, how do you make sure neither of you is even tempted? You look out for Greer's red flags. "You can address the underlying problems *before* someone cheats," she says. Following her advice won't just head off infidelity—it'll keep your marriage happy, connected, and, yes, hot. ►

Most people don't see the signs until it's too

Warning sign:

Your relationship is last on your to-do list

Was there anything more intriguing than your spouse when you two first met? In those early days, you wanted to know *everything* about him: what he was like as a baby, where he spent his summers as a teenager, and why exactly he thinks Journey is the best band of all time.

Chances are your days of blowing off girls' night or a work deadline if it meant an extra hour with your man are long over, and that's fine. A full adult life entails balancing multiple relationships and responsibilities. Still, if you're more likely to spend your downtime on Facebook than face-to-face with your hubby—or, on the flip side, if he's more interested in reading the business section than hearing news of your day—you need to reprioritize.

IF HE'S TOO LOW ON YOUR LIST: Figure out the ways you're cutting your partner out, and fix your behavior. "It could even be a small tweak, like turning off your cell phone when you're at dinner," Greer says. In some cases, you might need to make a bigger change to save your marriage, like relocating to cut down your commute time or bowing out of your family's annual beach vacation in favor of a just-you-and-the-kids adventure. When Madeleine's* husband told her how unhappy he was, the California photographer decided to pull back on her work. She had been traveling nonstop, spending only a day or two at home between shoots—and in her absence, her husband attended parties and work functions with a female coworker.

Luckily, he communicated his feelings to Madeleine before anything happened with his coworker. "He came to me and said, 'Things are developing, and it's not right,'" Madeleine recalls. "He told me, 'I don't want a substitute wife; I want you. I need you to stop traveling so much.'" So she did. "It was a reminder that I couldn't take our relationship for granted," she says. "I wasn't willing to sacrifice my personal life for work, so I started saying 'no' to jobs and made a point of making more time for us."

IF YOU'RE TOO LOW ON HIS LIST: Tell your husband you feel neglected. "He may not be conscious that his actions make you feel ignored," Greer says. "Offer him suggestions of how he can actively demonstrate more appreciation for you." Agree to set aside time every night to check in and share your thoughts and experiences. "Often the biggest fix he can make is dropping everything to just listen to what you're saying," Greer says.

Warning sign:

You don't really argue anymore

You can't always see eye-to-eye with your partner. The two of you are different people with different upbringings, life experiences, interests, and pet peeves, and every intimate relationship will have its moments of conflict. So when one of you just goes limp, agreeing on what to eat for dinner, how to spend your weekends, which couch to buy, it could be a surprising sign of trouble.

"The partner who has stopped arguing has thrown his hands up and is starting to check out," Greer says. "And it's easier to justify getting your needs met elsewhere if you feel like your perspective is not being acknowledged and that nothing in the relationship is going to change." In order to get your marriage back on track, you need to jump-start the dialogue in your household, even if it means revisiting tiresome or painful discussions.

IF HE'S COMPLETELY GIVEN UP: Has your husband reached that 'Whatever you say, dear' phase? When that happens, you need to acknowledge that you haven't been listening to his point of view. At first, Celeste, a client of Greer's from New York, was thrilled that her husband had stopped putting up a fight when she wanted them to spend every Sunday with her mother. "He used to present me with a list of alternative plans, like 'Let's see a movie,' or 'Let's go on a bike ride,' but we always ended up at my mom's." But when the couple started seeing a therapist, Celeste learned that his newfound agreeability was just a cover for the resentment he felt. "He told me that he had given up trying to be heard," she says, "that he was angry and reconsidering our future." Greer's advice for Celeste: Start a conversation by telling your guy you want to find a compromise you can both live with. For example, she could suggest they spend every other Sunday with her mother and that her husband could choose their activities on alternating weekends. "Don't avoid the flare-ups," Greer says. "You're not always going to be able to find a tidy solution to your disagreements, but you can always demonstrate a willingness to make the relationship work for both of you."

IF YOU'VE COMPLETELY GIVEN UP: You should never completely resign yourself to the idea that nothing is going to change. "By shutting down and being inactive, you are as much to blame as he is for the relationship imploding," Greer says. You need to take immediate action. "Tell your partner you want to talk to a counselor to help you two figure out how your needs can be met in your marriage. Frame it positively. Say, 'I don't want to grow further apart.'"

Warning sign:

You two aren't having sex

This one seems like a "duh," but Greer says many women are very skilled at denying its significance. After all, there are plenty of reasons you might not be getting it on, including mismatched libidos, conflicting work schedules, and extended family drama. In fact, most long-term

DEBORAH JAFFE



late, but if you pay attention, you can fix it.

relationships suffer from periods of diminished sexual passion—fatigue and the daily grind can be mood-killers. “Having sex once a month isn’t necessarily a problem,” Greer says, “unless one of you is feeling resentful.” If you are just flat-out turned off by the idea of sleeping with your husband—or if you sense he feels that way—you need to do some deep soul-searching to find out why. Sex is a vital part of a healthy, loving relationship, and it’s important to devote time and energy to intimacy.

Pamela, a mom in Pennsylvania, knew that her sex drive wasn’t as strong as her husband’s, but she didn’t know what to do about it. “After we had kids, my libido dropped,” she says. “For a long time, he was always the initiator, but then about a year ago he became less aggressive.” Eventually, Pamela learned her husband was having an affair with a woman he met at work. Today, the couple is struggling to save their 20-year marriage. “In our sessions with a therapist, he said that he felt like I didn’t love and value him. He wanted to feel that way again and was looking to regain the part of our relationship that had been lost.”

IF YOU’RE NOT HOT FOR HIM: The fact that you’re rarely interested in sex could be a sign that you’re too caught up with your responsibilities as mom/boss/daughter to feel sexual and desirable. “It’s hard to be passionate with your partner if you’re not passionate yourself,” Greer says. “Don’t lose sight of the things that give you pleasure.” Carve out time for activities that make you feel good about yourself, like going for a run or listening to live music with friends. “Coming home full of positive energy could help reawaken your sex life,” Greer says.

IF HE’S NOT HOT FOR YOU: First step: Initiate sex—don’t wait for your husband to reach for you. Everyone wants to feel wanted, and often that alone can be enough to spark the flames of your marriage. If making the first move goes over well, schedule a weekly sex date. “You once had the luxury of having sex whenever you were overwhelmed by passion, but that’s not how it works once kids and other responsibilities enter the picture,” Greer says. “Designating time for sex sends the message that you desire each other and carves out a space where other responsibilities disappear for a while.” Reestablishing a regular sex life goes a long way toward making both of you feel fulfilled in the here and now.

Warning sign:

You’ve stopped indulging each other’s fantasies

In Greer’s experience, an individual who feels like his or her partner is unwilling to please sexually feels fundamentally deprived and rejected. “That can lead to justifying seeking satisfaction elsewhere,” she says.

About four years into the relationship with her ex-fiancé, Rachel started to feel like he just wasn’t into her bedroom fantasies. “Whenever I asked him to be more aggressive, to hold me more firmly or even spank me a little, he said no and told me I was twisted and needed help,” she says. “After a couple of years, I told him that making me feel bad about my desires—which, by the way, are perfectly normal—tempted me to find a lover who would fulfill them. That’s when we knew it was the end.” The trick, says Greer, is not waiting years to address this sexual gripe.

IF YOU’RE FEELING REJECTED: Talk to your husband. Tell him that unless your fantasy is truly repugnant to him, you’d like for him to try it once. “Being willing to do something purely for your partner’s pleasure is what matters here,” Greer says. “As long as he shows he’s willing to please you, he should be allowed to say, ‘I don’t like that’ without you taking it as a personal rejection.”

IF HE’S FEELING REJECTED: Hey, maybe wearing four-inch heels to bed feels bizarre to you, but it’s a small sacrifice to make if your husband perceives it as a loving gesture that communicates your desire to make him happy. “You don’t have to do things that way every time—or even ever again,” Greer says. Use his fantasy as a launching pad and come up with racy scenarios that work for both of you. And if he thinks you look extra-hot in stilettos and little else, take him at his word and try strutting your stuff. **R**



MAKE TIME
FOR SEX
In a long dry
spell? End it!

Three babies in one year?

HOW ONE COUPLE CREATED THE IMPOSSIBLE FAMILY

Between Octomom and the Duggars, you think you've heard every extreme baby-making story there is. But Lauren and Joe Kamnik are as nice and normal as they come—with a tale you won't believe.
By Allison Glock

Photographed by Ben Hoffmann

Lauren got pregnant with Wesley, born March 16, 2010

A surrogate had Vivienne one day later, on March 17, 2010





Lauren and Joe
adopted Oliver, born
February 19, 2009

The first time I meet Lauren and Joe Kamnik it's a cold, gray February day in Washington, DC. It's lunchtime at a local restaurant, and the two of them are looking sheepishly at each other. They are trying to tell their story, one of infertility and improbability and how, against all odds, the universe split open its piggy bank of good will and rained it down upon their family.

"To be honest," Lauren says, reaching for Joe's hand, "I think there's still a bit of shock going on." After going through numerous fertility struggles, the Kamniks are now the proud adoptive parents of 1-year-old Oliver. But in a few short months, thanks to a narrative so unpredictable they still have trouble believing it themselves, they'll give Oliver both a brother and a sister.

Joe clasps Lauren's fingers in his and the two laugh, shaking their heads, the wonder of their good luck infusing their every gesture with barely suppressed glee. "Ours," Joe says with a grin, "is not your average family story."

Of course, the entire notion of what constitutes an "average family" in America has been upended in recent years by tabloid figures like the Octomom and reality-TV clans like the Gosselins and the Duggars, not to mention the boom in assisted reproductive technology. What makes a family is perpetually shifting in our culture, and the Kamniks are not alone in finding a unique path to parenthood. Their unlikely story began four years ago, when they first encountered difficulty conceiving a child.

"My body wasn't working"

Though only 29 when she and Joe started trying to have children, Lauren wanted to be proactive. "My mother had difficulty getting pregnant," she explains. "So we started as early as possible."

Both Lauren and Joe were flourishing professionals, he a lawyer, she a social worker, in Arlington, VA—and neither was accustomed to failing. Lauren tackled the challenge of becoming pregnant like a tough case. She found the best doctors and followed every guideline. Even so, she was unable to conceive, most likely due to ovulation issues. That plus her mother's medical history led Lauren's doctor to recommend a fertility specialist. After three failed attempts at IUI (intrauterine insemination, in which sperm is injected directly into the uterus), the couple decided to move on to IVF (in vitro fertilization, the more involved process of implanting an embryo in the womb). Lauren dreaded this step.

"The fertility process had already been hard on us as a couple," she remembers. "I feared what would happen when I injected myself with hormones. But we were desperate."

Lauren was already dreaming about pumpkin patches and beach vacations, the day she and Joe would take their baby to see *A Christmas Carol* at Ford's Theatre, a family tradition they had already begun with future children in mind. "Ever since I've known Joe, I've always had these images of him teaching our kids how to throw a football or videotaping a ballet recital," Lauren says. "And I strongly believe that my main purpose on this planet is to be a good mom." When she imagined not becoming a mother, she saw "a very lonely life ahead."

The couple attempted IVF several times, each one a cycle of hope crushed by biology that left Lauren weeping in the bathtub, bereft and defeated. "It was my body that wasn't working," she explains. "I remember telling Joe, 'If you had married someone else, you'd have a baby by now.' It was a lot of self-blame."

The failures only increased the couple's longing for a baby, and in the wake of the failed attempts and Lauren's self-doubt, the marriage began to fray.

"Joe didn't understand what it felt like from my end," Lauren says, glancing at her husband, eyes welling. "He just wanted to fix the problem. But this was something he couldn't fix." She exhales. "I would try and envision my life without kids. And I just couldn't. I couldn't do it."

"If you want to be a parent, one day you will be a parent"

Wrung out and lost, Lauren had lunch with a friend and shared her unhappiness. "She listened to me complain and complain and finally said, 'Lauren, it might not be in the traditional way, but if you want to be a parent, one day you will be a parent.'"

Lauren was completely taken aback. "I hadn't thought about the big picture—that though it might not happen right away, I *would* become a parent."

That day provided Lauren with a much-needed epiphany, and the motivation to have a heart-to-heart with Joe. Now she wanted—needed—to pursue every possible avenue to parenthood, including adoption.

"I knew that once Joe held our child," Lauren says, "regardless of whether we were the birth parents or not, he would feel unconditional love, that he would know that the parents are the people who *raise* the child, not give birth to it," she says. "But I also knew that he had to reach that decision on his own."

Okay, she helped a little, buying books about adoption for Joe, signing them up to attend adoption-education events, introducing Joe to other couples who had adopted. The bleak prognosis from their doctor—"He told us we'd never get pregnant," Lauren says—also helped open Joe's mind.

The couple decided to look into surrogacy as well, spurred on by their doctor,

There are three possibilities for having a child. Lauren and I did all three. We've shown that anything is possible.

as a way to increase their chances of becoming parents. The choice felt emotionally easier than continuing their seemingly futile fertility treatments. "When our doctor recommended surrogacy, this huge weight lifted from my shoulders," Lauren says. "I remember thinking I would finally get my life back." And though cost was never a determining factor for the Kamniks, the move was also financially prudent: Surrogacy can cost \$45,000, adoption about \$25,000—but just one IVF attempt can be \$50,000.

The couple's lawyers warned them that adoption and surrogacy generally take more than a year, and neither is guaranteed. Lengthy placement procedures and multiple approval stages can draw out adoption to 12 months or beyond. A surrogate may require multiple implantation tries to become pregnant, and once conception occurs, the pregnancy is still vulnerable to the usual risks. So the Kamniks chose to investigate both options simultaneously. Their lawyer found the surrogate first.

"On Craigslist, believe it or not," Lauren tells me, laughing. "Her name was Jennifer." Jennifer was 37, with two kids of her own. (Virginia's surrogacy laws require potential carriers to have already given birth to at least one child.)

"I'll never forget the moment I got that phone call"

After completing the adoption application process, the Kamniks settled in for the long wait for an available child. Three days later, they got a shocking phone call from their lawyer.

"It was 1 in the afternoon," Lauren says. "I was getting a manicure. I'll never forget that." Another couple's adoption had fallen through, and a baby boy was waiting in Jacksonville, FL. If the Kamniks wanted him, they'd have to come now.

"We received the call, and it was like a huge light opened in our lives. By 7 that night, we were in the car driving," Lauren recalls, describing how, prior to leaving, they ran around trying to get everything in order. "We had absolutely no baby gear. We picked up clothes from friends, got a diaper-changing lesson!"

"We were panicked!" Joe agrees.

"We had dreamed of being parents for so long but had so little time to adjust to the idea of actually *being* parents," Lauren says. "We speed-read two books on our trip to Florida: a book on names and *What to Expect the First Year*. We basically took a Parenting 101 course in the car."

The couple met baby Oliver on Sunday evening at a social worker's house. "Joe and I were both really nervous," Lauren



ALL TOGETHER NOW
Lauren and Joe, both
34, have all the family
they'll ever need.

says. "But I remember feeling this strong bond with Oliver right away." Joe felt the same way, lighting up the very first time he saw his newborn son and quickly falling head over heels.

Even as their love for their new son deepened, the couple continued with the surrogacy; they had always wanted at least two children. Five months after Oliver's arrival, Jennifer, their surrogate, became pregnant with Lauren and Joe's child.

"We thought, *Well, there it is. We have our family*," Joe says. "It was finally all working out."

"How could this be true?"

About a week later, Lauren was at the beach, and she noticed her bathing suit fit differently. But she never thought for a second that she was pregnant.

There were more clues, however. Symptoms: "I felt... strange." And then there was her own mother, who had conceived Lauren soon after adopting her brother, the siblings only 15 months apart. "One day at work I decided to take a pregnancy test," Lauren says. When it showed positive, she recalls, "I freaked out!"

She called her best friend, who advised her to take another test. She bought four more, drank a lot of water, and waited. Four positives later, Lauren phoned her husband at the office.

"When I told him," says Lauren, "there was dead silence."

How could this be true? they both wondered. They'd been told

3-BABY SURVIVAL TIPS

Lauren and Joe share a few tips for holding it all together.

- **Plan ahead.** "It's a necessity to map out the day's schedule before the kids even wake up."
- **Divide and conquer.** "I get up with the kids; Joe puts them all to bed."
- **Let older siblings help out; they'll feel included.** "Oliver picks up pacifiers and puts them in Vivienne's mouth. And when one of the babies cries, he says, 'Shh, shh.' It's adorable."



“The biggest surprise in all of this? I didn’t know how much love I had to give.”

it was impossible. That same day, Lauren went to the doctor, the tests clutched in her hands.

"I was shaking. I was like, 'What is this?'"

A baby boy, as it turns out. Lauren, like her mother before her, had gotten pregnant the old-fashioned way, without hormones or fertility assistance. She would be due the week after her surrogate, "giving us three babies under the age of 13 months," Lauren explains. "I am a very big planner," she adds, breaking into a grin. "I do *not* like surprises. Funny, right?"

"Are we capable of providing for three kids?"

In mid-March, Lauren went into labor. Jennifer began having contractions the very next day. She would end up giving birth to Vivienne just 13 hours after Lauren had her baby, Wesley. A terrifying month followed when Wesley was in and out of the hospital with medical complications. But now, at last, the whole family is finally healthy and together at home.

A few weeks after the crisis has passed, Lauren and Joe are sitting outside their suburban ranch house with all three kids. Oliver toddles around the grass while Wesley and Vivienne sit in their bouncers, plump fists waving happily when their big brother stops by to give them kisses. The couple tell me they're filled with gratitude—and no small amount of trepidation.

"We are both really scared," Joe confesses. "We definitely feel blessed, but we are realistic people. Are we capable of providing for three kids? It's going to be a really rough year."

The Kamniks are now on a tight feeding, sleeping, and bathing schedule. "With three babies under 18 months," Lauren

says, "you need to be. The biggest change is that there is absolutely no time right now for ourselves. And if by some miracle they are all sleeping, there are bottles to be cleaned, laundry to wash. The notion of downtime is history."

They've quickly adjusted to the constant clutter of baby paraphernalia and family photos, but Joe in particular is concerned about their finances—and other practicalities. "Like, how are we even going to be able to go to the grocery store?" he asks.

But they know these worries pale in comparison to the ones they held not so long ago, when they feared they'd never become parents at all. Because at root, Lauren says firmly, "We both believe money and careers come and go—but the love of a strong family is forever."

"I want people to have hope"

It's been a nutty ride, but Lauren and Joe have bonded tightly over the supreme unlikelihood of their story. "Every time I tell it to someone, they go, 'What?'" Lauren says. "But I wouldn't change anything. Not even the bad bits. It made us a better family. An unusual family, but a really strong one."

The Kamniks know their situation will always require some explaining. "But I'm proud of the way my family has been created," Lauren underscores. "What I think people will hear when I tell them our story is that we wanted children so badly that we took every road we could to get there."

"There are three possibilities for having a child," Joe says. "And we did all three. We've shown that anything is possible."

What has surprised the couple most over the course of their journey and in the chaos of their new lives?

"The biggest surprise is that I didn't know how much love I had to give," Lauren answers. That being said, she adds, "This is it for us. One of us is getting surgery. We are done."

A wry smile creeps over her face. "Though the lawyer did call not too long ago." Oliver's mother was pregnant again. "He asked if we wanted a second. I was willing to talk about it."

Joe, not so much.

"I said we could be the next Brangelina!" Lauren laughs.

I ask her what she's learned from all of this. She looks again at her three children, at their soft, damp faces, their wispy hair and tiny mouths.

"I want people to have hope," she says. "Family is possible. It may not look the way you expected it to—but that can be the biggest blessing of all." **R**



hellojell-

So jiggly. So wiggly. So fun.



[Facebook.com/jello](https://www.facebook.com/jello)

redbook notebook

what's new, noteworthy & now

august

DIXIE® NAPKINS

Mealtime is a special time to share with your family, but depending on what you're serving, mealtime can be messy too! Trust Dixie® Napkins. They are strong enough to handle your messy meals and soft enough for hands and faces. Pick up a package of Dixie® Napkins today.

Dixie® Napkins. The strength you need. The softness you love.

Visit our website at www.dixie.com for more information, special offers and to find a retailer near you.



© 2010 Dixie Consumer Products LLC. All rights reserved. Dixie and are trademarks of Dixie Consumer Products LLC.

REDBOOK'S ONE STOP SHOP IPHONE APP

What are we loving right now? Our new app, **One Stop Shop**, has our editor's picks for the coolest trends and hottest buys of the week. See something you like? This app doesn't just bring you the best of the best in fabulous products, it also tells you exactly where you can buy them!

REDBOOK's One Stop Shop—fashion finds, beauty must-haves, home essentials, great giveaways, and more are all at your fingertips. Visit the App Store on your iPhone now.



CLEAN HOUSE!

After a carefree summer, getting your household back in order can be a "dirty" task. Learn how Cascade and Dawn can help you clean up your act!



Cascade Complete Pacs are a dishwashing revolution. They combine the best of Cascade powder and gel in one pac. Just pop it into your dishwasher and let it power through tough food and greasy messes.

cascadeclean.com



Ultra Dawn has the power you need to fight tough grease and get the squeaky-clean dishes you're looking for. One 14-oz bottle of Ultra Dawn has the grease-cleaning power of two bottles of the leading 16-oz non-concentrated brand—giving

you double the cleaning ingredients in every drop. Dawn-Dish.com

STARBUCKS® PIKE PLACE® ROAST

There's another reason to love Starbucks® coffee. Now you can brew Pike Place® Roast, a café favorite, at home! With a smooth, round finish, this coffee can be enjoyed every day. It's the smoothest Starbucks® coffee, now available where you buy groceries. Find out more at www.starbuckscoffeathome.com.



HORIZON LUNCH BUNCH

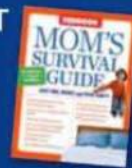
Introducing the Lunch Bunch from Horizon. Packed with organic goodness, every Lunch Bunch option makes it easier for you to pack a nutritious school lunch—and still get an A+ for taste.

Visit facebook.com/horizon to share lunchbox ideas and pick up a coupon!



GET A FREE GIFT

Purchase two of the above featured products and receive a copy of **REDBOOK Mom's Survival Guide: Save Time, Money, and Your Sanity.**



Send your receipt(s), name and address to: REDBOOK, 300 W. 57th St, 22nd fl, NY, NY 10019, Attn: Clean Up Promotion.

Dawn & Cascade Promotion. Sponsored by Hearst Communications, Inc. Receipts must be received between 7/20/10 and 8/23/10. While supplies last. As soon as the last eligible entry is received. Sponsor will post a notice on redbookmag/rboffers. Must be 18 years or older and a resident of the 50 United States and District of Columbia. Void where prohibited by law. Limit one entry per household.



**"One Ultra Dawn is as strong
as two of the other guy?
That's not half bad..."**

- The Sponge



Ultra Dawn® is ultra strong. One 14-oz. bottle of Ultra Dawn has the grease cleaning power of two bottles of the leading 16-oz. non-concentrated brand.

Dawn does more, so it's not a chore.™

Not all love notes
are written.
Some are made.

Real ingredients like eggs, vinegar, and oil that's a good source of Omega 3^{ALA}.
Half the fat and calories.** Hellmann's® Light is the perfect way to spread a little
love. For recipes, visit hellmanns.com

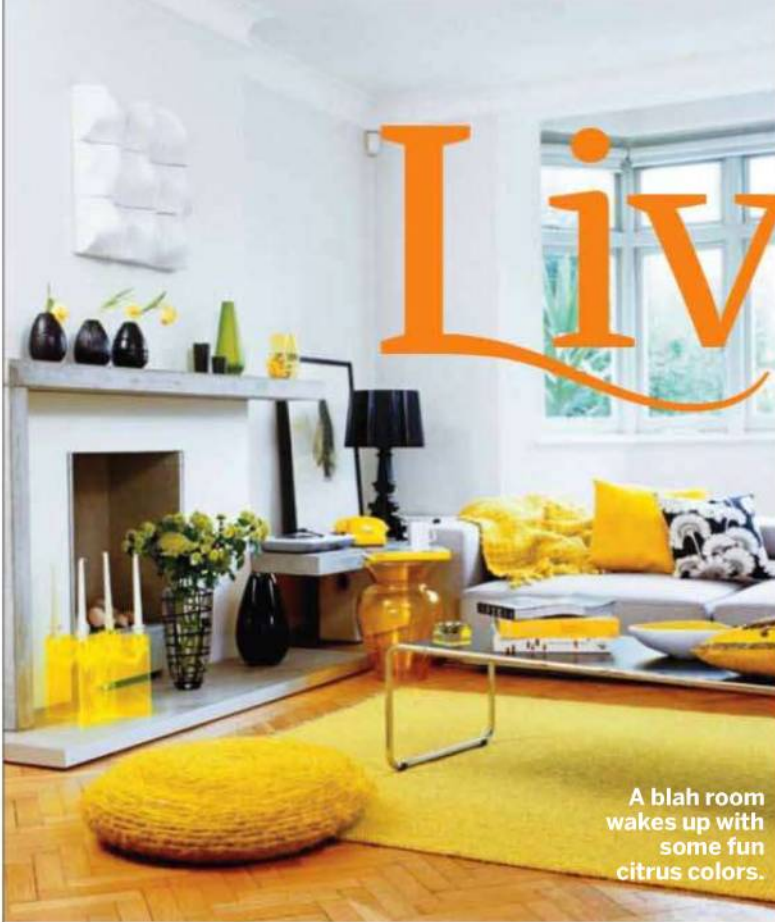


it's time for real sandwiches

©2010 Unilever. *Good Source of Omega 3 ALA. Contains 230mg of ALA per serving, which is 14% of the 1.6g Daily Value for ALA. Contains a small amount of EDTA to protect quality. **Compared to regular mayonnaise.

Home ideas, quick recipes,
easy entertaining & more

Living

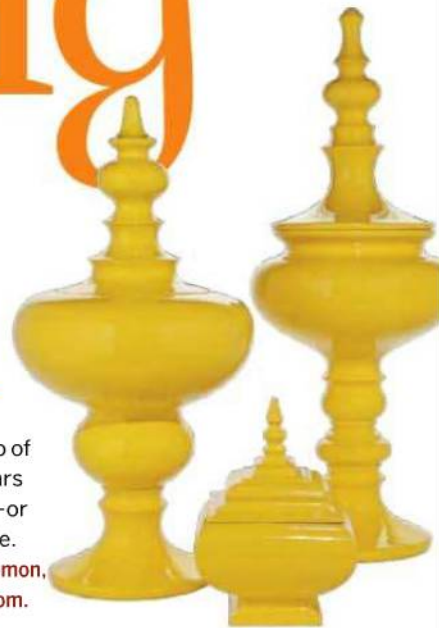


A blah room
wakes up with
some fun
citrus colors.

A mantel makeover

Group this elegant trio of daffodil-toned glass jars above your fireplace—or pretty much anywhere.

Mariposa collection in lemon, \$35 to \$100; zgallerie.com.

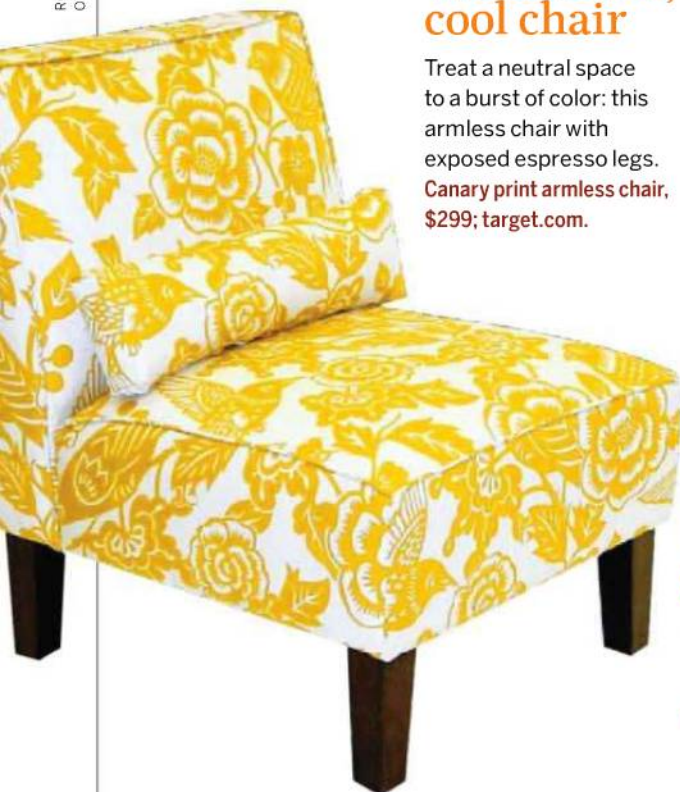


Your home needs more... yellow!

It's designer magic: Add a pop of lemon or gold in any room, and you'll instantly love hanging out there.

Warm color, cool chair

Treat a neutral space to a burst of color: this armless chair with exposed espresso legs. Canary print armless chair, \$299; target.com.



A mood lift for any room

Set this lacquer tray down on its 14-inch-high wooden stand for a portable side table. Simple wood stand and tray, \$148; westelm.com.

Great for sofa cushions!

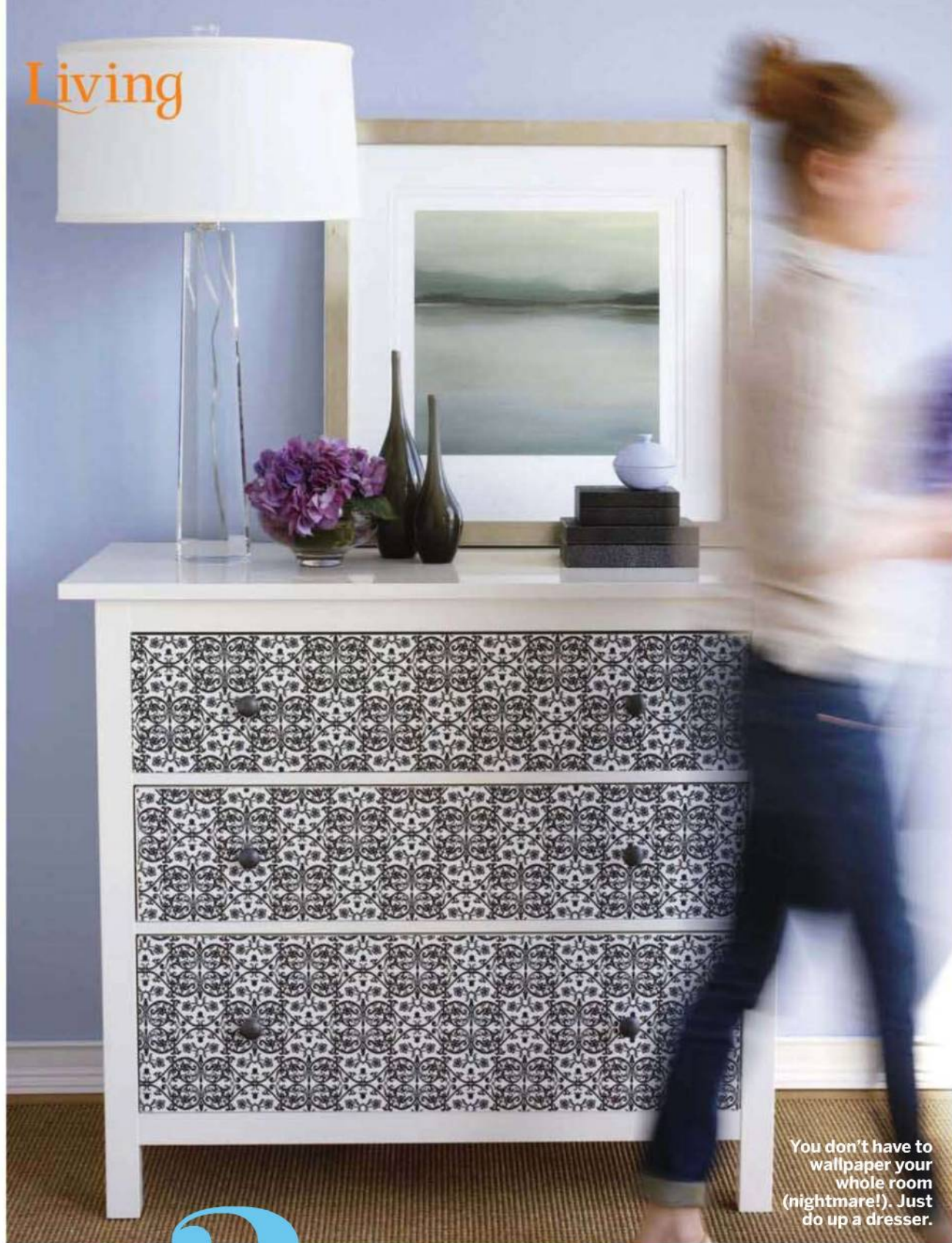
Now you can purchase fabric by the yard while you're shopping for table linens and bathroom towels at the mall. Graphic ikat and Princeton stripe, \$30 to \$50 per yard; potterybarn.com.



Dish towels get groovy

Jonathan Adler's graphic tea towels have special kitchen-brightening powers. Pekoe, Ginseng, and Jasmine tea towels, \$12 each, jonathanadler.com.





You don't have to wallpaper your whole room (nightmare!). Just do up a dresser.

Got 2 hours? Make over a dresser

Give a plain white set of drawers a custom upgrade—fast.

Turn for
the how-to's



VANILLA

Doesn't have to be **SO** vanilla.

Ours is made from the finest Madagascar vanilla beans.

NEW

**Vanilla
Bean
frappuccino[®]
ice cream**



Discover all our delicious coffee and coffee-free^{*}
Starbucks[®] ice cream flavors.

starbucksicecream.com
Available where you buy groceries.
^{*}Not a caffeine-free food.





You'll need:

- **Dresser** with flat front drawers (shown: Hemnes, ikea.com)
- **Screwdriver**
- **Wallpaper** (shown: Marcel Wanders's Grace in black and white, grahambrown.com)
- **X-acto knife**
- **Newspaper**
- **Hard Coat Mod Podge** (kmart.com)
- **Foam brush**
- **Brayer** (rubber hand roller used for flattening, available at your local craft store)



TIP:
Pick a small pattern so you can see the full design on drawer fronts.

Before



WANT COLOR?

We chose a mod black-and-white design that's versatile enough to work with any brightly colored wall, but if you're looking for some punchier prints, here are a few favorites:

Pink: Rosabella, osborneandlittle.com

Blue: Flower Power, echodesign.com (We love its velvety texture!)

Green: Wild Flower, ferm-living.com

Yellow: Du Barry, osborneandlittle.com

The how-to's:



STEP 1: Remove drawers from dresser. Using a screwdriver, remove hardware from drawers.



STEP 2: Roll wallpaper face down on a flat surface and place a thick piece of cardboard underneath. Position the first drawer face down on the paper, lining up one side of the drawer with the edge of the paper to ensure a straight cut. Use an X-acto knife to cut the wallpaper around the drawer. Repeat for all three drawers.



STEP 3: Place drawer face up on top of a sheet of newspaper. Take the first strip of wallpaper and apply a small coat of Mod Podge to the back side of one end of the paper with a foam brush. Adhere paper to the drawer. Working your way down the drawer, coat and position paper on the drawer's surface. Repeat for the other two drawers.



STEP 4: Working from one end of the drawer to the other, firmly run a brayer along the papered drawer to smooth and prevent bubbles from forming. Let dry overnight.



STEP 5: Replace hardware and return drawers to dresser.

ENVIRONMENTAL COMFORT INDEX

UNCOMFORTABLE

COMFORTABLE

Compost Heap

Anything Hemp

Bubble Bath with
Recycled Water

A Balmy Breeze
Powering a Wind Farm

Eco-Comfort
by La-Z-Boy

Rock Garden



The Talbot Room Group

Eco-Comfort™. Making you and the environment more comfortable.

Eco-Comfort is our latest comfort innovation. It's a new range of environmentally conscious furniture options, including soy-based cushions and fabrics that are tested and approved by a definitive ecological certification process. We're also reducing waste and energy use at our factories and stores. Basically, we want you to feel as good about our furniture, as you do in our furniture. See our Eco-Comfort line at a La-Z-Boy retailer. **Learn more about our environmental initiatives at la-z-boy.com/ecocomfort.**



L A Z B O Y • **Comfort. It's what we do.®**

CHICONOMICAL CELEBRATIONS

presented by **Sauza**
TEQUILA

“THE SUMMER SEASON IS WHEN I RECONNECT WITH FRIENDS OVER GOOD FOOD AND FUN COCKTAILS—ALL IN THE NAME OF A GREAT TIME.”

—CATHY RIVA, CELEBRITY PARTY PLANNER



Summer's laid-back vibe makes it the perfect time to kick off your heels, step away from your BlackBerry, and host an evening with the girls. Here, celebrity party planner Cathy Riva shares her chiconomical tips for trading in your ordinary BBQ for a themed backyard bash.

1 Decide on a theme. Whip out those old Hawaiian shirts (you know you've got one!) for a luau, host a fashion swap, or get in a spa-like state of mind. Whatever the theme, run with it.

2 Tailor your décor. Small creative touches bring your theme to life. For example, centerpieces could be tropical flowers for a luau, stacks of fashion magazines for a fashion swap, or scented candles for an at-home spa.

3 Create goody bags. Give your party that special-event feel with goody bags for your girlfriends. You can find amazing items at discount stores or online party sites. Make them more personal by including a few of your own favorite must-haves.

4 Skip the stress. Don't get overwhelmed by the party-planning details. Spending time with good friends is priceless, so focus on having fun and enjoying your guests. Do that and no doubt your party will be a success.

5 Serve a signature Sauza® margarita. After all, it wouldn't be a party without the fresh, smooth taste of Sauza® Blanco Tequila! Make it even more memorable with a festive garnish like an umbrella or a slice of fruit.

SAUZA® STRAWBERRY CHICARITA

- | | |
|----------------------------------|---|
| 1 Can of Frozen Limeade | 1/3 Can of Dekuyper® Strawberry Liqueur |
| 1 Can of Champagne | 1 Can of Water |
| 2/3 Can of Sauza® Blanco Tequila | |

Pour limeade into pitcher with ice. Fill limeade can with Champagne and pour into pitcher. Then fill limeade can with 2/3 Sauza® Blanco and 1/3 Dekuyper® Strawberry and pour in. Lastly, add a can of water, stir, and serve over ice. Makes 9 delicious drinks, perfect for any ladies night in.



INVITE SAUZA® TO YOUR NEXT LADIES NIGHT!

IT'LL BE A GATHERING ALL THE GIRLS WILL REMEMBER. TRY THE NEW SAUZA® MARGARITA COCKTAIL CUBE™. IT'S AS EASY AS PUTTING ICE IN A GLASS—NO SHAKING OR STIRRING REQUIRED!



FOR MORE RECIPE IDEAS, VISIT FACEBOOK.COM/SAUZAMARGARITAS.

For recipes and party tips visit facebook.com/sauzamargaritas



REALITY SHOW FINALE + SAUZA MARGARITAS = HOT GUYS GALORE

GET THE SAUZA OUT FOR LADIES NIGHT IN

DRINK RESPONSIBLY. Sauza® Tequila, 40% alc./vol. ©2010 Sauza Tequila Import Company, Deerfield, IL.
Facebook is a registered trademark of Facebook, Inc. Sauza is a registered trademark of Tequila Sauza, S de RL de CV.



6 fresh, fast sides for whatever you're grilling

You know you can do better than coleslaw! These unboring veggie ideas, plus any main with grill marks on it (tricks for that on page 201), add up to the ultimate summer meal. By Frank P. Melodia



PHOTOGRAPHED BY ROMULO YANES



Tomato, corn, and barley salad

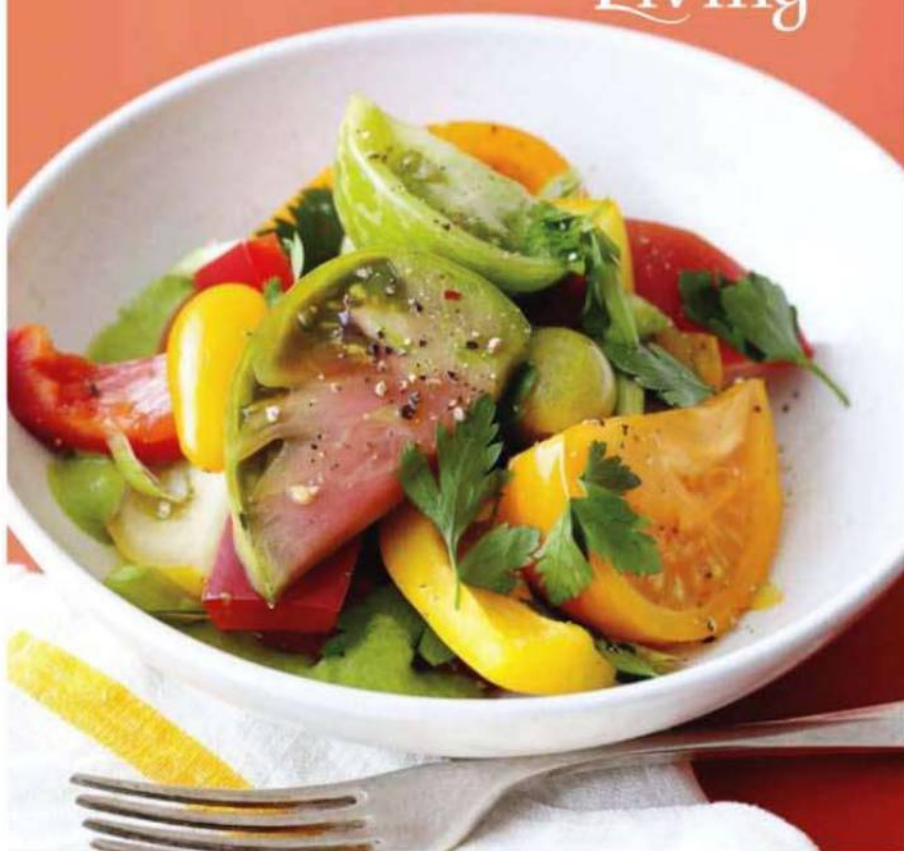
Prep time: 15 minutes

Cooking time: 30 minutes

- 2¼ cups water
- ½ cup pearl barley
- 3-4 ears of corn
- 2 large tomatoes, diced
- 2 mini seedless cucumbers, diced (1¼ cups)
- ¼ cup snipped fresh chives
- ¼ cup crème fraîche
- 1 Tbsp rice vinegar
- ½ tsp kosher salt
- Freshly ground pepper, to taste

1. Bring water to a boil in a medium saucepan. Stir in barley, reduce heat, cover, and simmer 30 minutes, until most of the water has been absorbed and the barley is firm-tender. Transfer to a bowl; cool.
2. Meanwhile, brush corn with oil and grill over medium heat until lightly browned on all sides, about 10 minutes. Remove kernels with a sharp knife (there should be 2 cups).
3. Add corn, tomatoes, cucumbers, and chives to barley. Mix crème fraîche, vinegar, and salt in a small cup, then add to salad and gently toss to dress. Season with freshly ground pepper to taste.

Makes 4 servings (5 cups).
Each serving: 249 cal, 7g fat, 7g protein, 45g carb



Gazpacho tomato salad

Prep time: 15 minutes Cooking time: 0

SALAD

- 2 lb mixed tomatoes, cut into 1-inch chunks
- 2 small bell peppers (red and yellow), cut in ½-inch dice
- 2 scallions, thinly sliced
- ¾ cup flat-leaf parsley leaves

DRESSING

- 2 slices white sandwich bread, crusts removed

- 1 lb seedless cucumber, roughly chopped
- ¼ cup flat-leaf parsley leaves
- 2 scallions, roughly chopped
- 2 small garlic cloves
- ¼ cup extra-virgin olive oil
- 3 Tbsp sherry vinegar
- ¾ tsp kosher salt
- ½ tsp freshly ground pepper
- Several dashes Tabasco Sauce

1. **Salad:** Toss tomatoes, peppers, scallions, and parsley in a large salad bowl. Mound mixture in center of bowl.
2. **Dressing:** Place bread in a colander or sieve and place under cold running water until very soft and mushy; gently press out excess water from bread. Place into a blender; add remaining dressing ingredients and puree until mixture is very smooth and uniformly green. Pour dressing around tomato mixture in bowl. Toss before serving.

Makes 6 servings.

Each serving: 146 cal, 10g fat, 3g protein, 14g carb

Turn for more
easy sides





Summer squash and carrot ribbons

Prep time: 20 minutes Cooking time: 0

- | | |
|--|-------------------------------|
| 2 each small zucchini and yellow summer squash (about 1¼ lb total) | 3 Tbsp white balsamic vinegar |
| 2 large carrots (½ lb), peeled, ends trimmed | 2 Tbsp extra-virgin olive oil |
| 24 large basil leaves, slivered | ¼ tsp anise seeds |
| | ½ tsp kosher salt |
| | ¼ tsp freshly ground pepper |

1. Trim ends of zucchini and squash. Using a vegetable peeler, shave each squash into long, wide, very thin strips. When you reach the center of the squash where the seeds are, give the squash a quarter turn and continue slicing. Repeat on all four sides until all that's left is the center seed column. Shave the carrots in the same fashion.

2. Toss zucchini, squash, and carrot ribbons with basil in a large serving bowl. In a smaller bowl, whisk the vinegar, olive oil, anise seeds, salt, and pepper. Drizzle over vegetable ribbons and toss. Serve immediately.

Makes 4 servings.
Each serving: 108 cal, 7g fat, 2g protein, 11g carb

Fresh, fast sides

Roasted potato, spinach and Parmesan salad

Prep time: 10 minutes Cooking time: 40 minutes

- | | |
|--|---|
| 2 lb Yukon Gold potatoes, cut into 3/4-inch pieces | 1 1/2 Tbsp each lemon juice and water |
| 2 1/2 Tbsp olive oil | 1 garlic clove, crushed through a press |
| 3/4 tsp each crumbled dried rosemary and kosher salt | 6 cups baby spinach leaves |
| 1/2 cup light mayonnaise | 1/2 cup shaved Parmesan cheese |
| 1 tsp grated lemon zest | Freshly ground pepper, to taste |

1. Heat oven to 450°F. On a large baking sheet, toss potatoes, oil, rosemary, and salt until potatoes are evenly coated. Roast 40 minutes, tossing once, until potatoes are golden and tender. Cool on baking sheet.
2. In a large salad bowl, whisk mayonnaise, lemon zest and juice, water, and garlic until blended. Add potatoes, spinach, and Parmesan; toss until dressed. Season with freshly ground pepper to taste.

Makes 6 servings.

Each serving: 284 cal, 14g fat, 7g protein, 32g carb



FOOD STYLIST: FRANK P. MELODIA. PROP STYLIST: PAM MORRIS.



For every Big Game Party
there's a perfect Town House™ recipe at your fingertips.

Find your perfect pairing at
snackpicks.com

®, ™, © 2010 Kellogg NA Co.





Jicama, carrot, and radish slaw

Prep time: 20 minutes Cooking time: 0

- | | |
|---|--|
| 1 large jicama (1½ lb) | 1 large red or green chile, seeded, minced |
| 2 large carrots (½ lb), peeled, julienned or shredded | 1 tsp grated lime zest |
| 8 large radishes, julienned or shredded | 3 Tbsp lime juice |
| ⅓ cup coarsely chopped cilantro | 2 Tbsp extra-virgin olive oil |
| | 1 tsp kosher salt |

1. Using a paring knife, cut away the thin brown skin and the outer ⅛-inch of flesh from the jicama. Halve jicama horizontally. Place halves cut side down and cut into scant ¼-inch-thick slices. Stack a few slices and cut into thin julienne strips.
2. Combine jicama and remaining ingredients in a large salad bowl and toss until evenly dressed. Serve immediately or refrigerate up to 3 hours and serve chilled.

Makes 6 servings.

Each serving: 98 cal, 5g fat, 1g protein, 14g carb



For every Backyard BBQ
there's a perfect *Town House™* recipe at your **fingertips.**

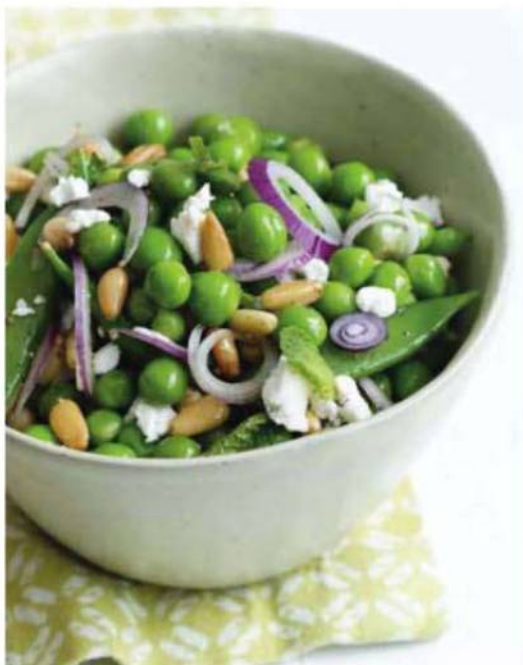
Find your perfect pairing at
snackpicks.com

©, ™, © 2010 Kellogg NA Co.



Double pea and feta salad

Prep time: 10 minutes Cooking time: 2 minutes



- 1 lb sugar snap peas, stems and strings removed
- 1 (1-lb) bag frozen green peas
- ¼ cup thinly sliced red onion
- ¼ cup mint leaves, slivered
- 2½ Tbsp extra-virgin olive oil
- Kosher salt and freshly ground pepper, to taste
- ¾ cup mild feta cheese, crumbled
- ¼ cup toasted pine nuts (optional)

1. Bring a large saucepan of lightly salted water to a boil; add sugar snap peas and green peas. When water returns to a boil, cook 1½ to 2 minutes, until sugar snaps are crisp-tender. Drain in a colander; refresh under cold running water. Drain peas well (blot with a paper towel).
2. Place peas in a large serving bowl with remaining ingredients except feta and pine nuts; toss until coated. Gently stir in feta and pine nuts, if using.

Makes 6 servings.

Each serving: 206 cal, 10g fat, 9g protein, 17g carb

The absolute easiest way to grill...

... **Boneless chicken breasts** Marinate chicken in your favorite bottled Italian dressing for 30 minutes. Cook on medium-high, turning once, 4 to 5 minutes per side or until the internal temperature registers 165°F on an instant-read thermometer.

... **Chicken on the bone** Cook chicken on medium for 35 to 45 minutes, turning often, until internal temperature registers 165°F for breast meat or 180°F for dark meat. Brush with barbecue sauce in the last 10 to 15 minutes of cooking to keep the outside from burning before the inside is cooked through.

... **Steak** Brush 1-inch-thick steaks with olive oil, rub with a store-bought flavored rub (we like the Rub With Love Steak Rub, available on amazon.com), and sprinkle with salt and pepper. Cook on medium heat, turning once, 8 to 10 minutes for medium-rare (internal temp of 145°F) or 10 to 12 minutes for medium (160°F). Our favorite cuts for grilling are rib eye, skirt steak, and hanger steak.

... **Fish** Good choices for grilling include firm-fleshed fish like salmon and halibut. Brush with olive oil and sprinkle with salt and pepper. Cook on medium-high, turning once, 5 minutes per side until just opaque in center. Squeeze fresh lemon juice over fish when it comes off the grill.

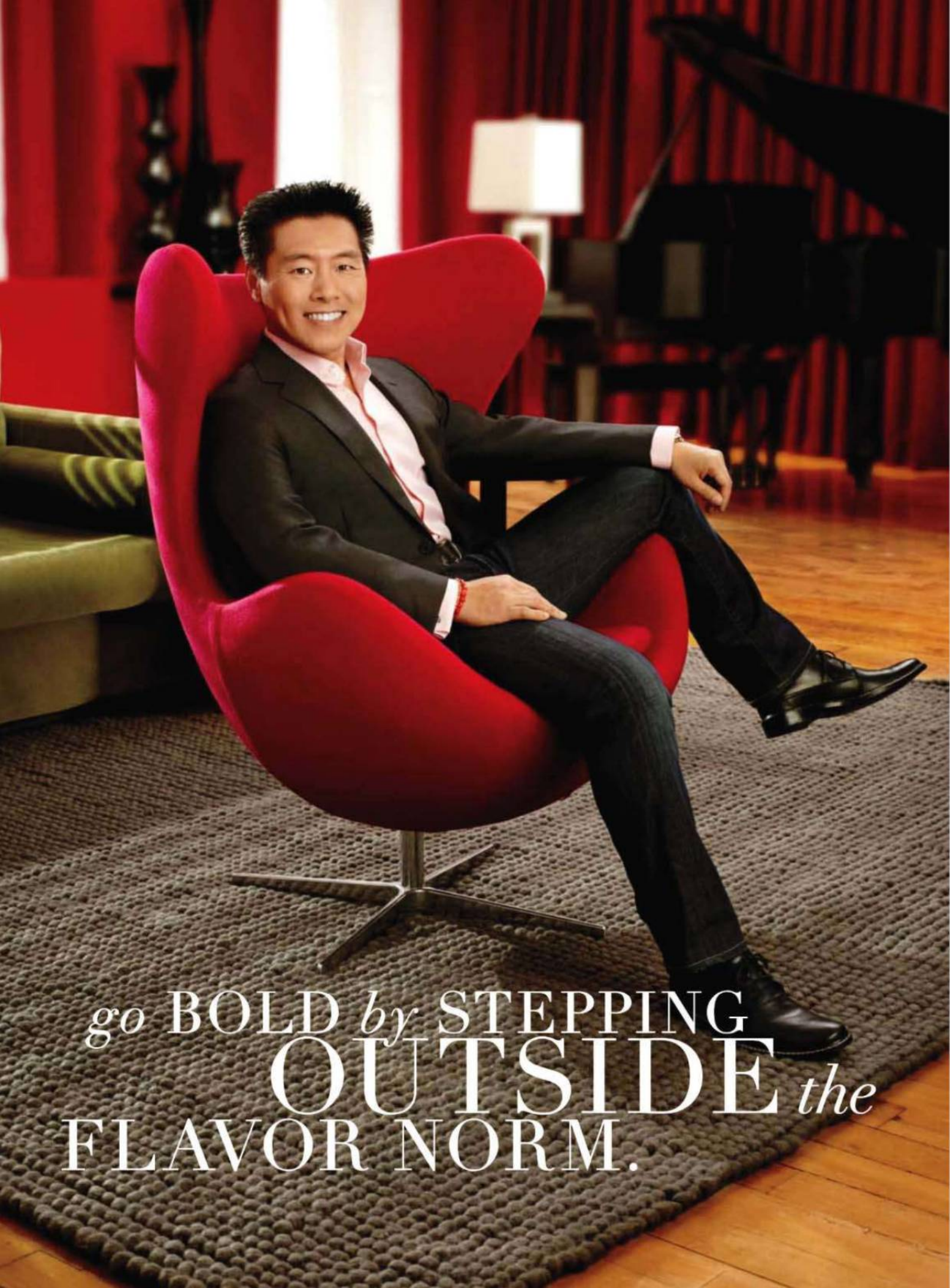


For every Graduation Party
there's a perfect *Town House*™ recipe at your fingertips.



Find your perfect pairing at
snackpicks.com

®, ™, © 2010 Kellogg NA Co.



go BOLD *by* STEPPING
OUTSIDE *the*
FLAVOR NORM.

The Viva Chipotle. Tastefully designed with New
KRAFT SANDWICH SHOP Chipotle Mayo
by Celebrity Designer Vern Yip.

kraftfoods.com/sandwich



*give your SANDWICH
a MAKEOVER.*



© 2010 KRAFT Foods. KRAFT SANDWICH SHOP Chipotle Flavored Reduced Fat Mayonnaise.

Hungry Girl's skinny cocktails



It's 5 o'clock somewhere, says Hungry Girl, but don't blow a meal's worth of calories on a couple of drinks. Try her low-cal recipes instead.

HG's magical low-calorie margarita

"I thought margaritas were completely off limits until these were born. Now I say, 'One more, *por favor!*'"

- 1½ oz tequila
- 1 oz lime juice
- 1 2-serving packet (about 1 tsp) sugar-free lemonade powdered drink mix, such as Crystal Light
- 6 oz diet lemon-lime soda

Combine tequila, lime juice, and powdered drink mix in a glass. Stir to dissolve drink mix. Add soda and stir. Pour into a margarita glass with lots of crushed ice. Garnish with a slice of lime on the rim of the glass.

Brain freeze! For a frozen margarita, toss your mixture into a blender instead of a shaker. Add 1 cup crushed ice or six ice cubes, and blend on high until smooth.

Makes 1 serving.
115 cal, 0g fat, 2g carb, 0g fiber, 0g protein



Berry-licious lemon drop

"This drink is totally intense and delicious! Frozen berries work perfectly here because they're so juicy once thawed. If you want to use fresh ones, make sure they're extra-ripe."

- | | |
|--|-------------------------------|
| ½ 2-serving packet (about ½ tsp) sugar-free lemonade powdered drink mix, such as Crystal Light | 2 frozen strawberries, thawed |
| | 1½ oz vodka |
| | ½ oz lemon juice |

Combine powdered drink mix with 3 oz water in a glass and stir to dissolve. Transfer to a shaker filled with ice. On a small plate, mash strawberries with a fork. Add strawberries, vodka, and lemon juice to shaker. Shake vigorously and strain into glass. (If berries get stuck in the strainer, simply remove them and continue straining.) Cheers!

Makes 1 serving.
113 cal, 0g fat, 3g carb, 0.5g fiber, 0.5g protein

Party-in-a-pitcher sangria

"Oranges, apples, bananas: This sangria is packed with fruit and flavor!"

- 1 cup sliced strawberries
- 1 orange, chopped
- 1 small apple, chopped
- ½ banana (slightly underripe is best), peeled, sliced
- ½ cup canned pineapple chunks in juice, drained
- 1 750-ml bottle red wine (a medium-bodied pinot noir works well)
- 1 cup diet cranberry juice
- 1½ cup diet lemon-lime soda

Place fruit in a glass pitcher. Add wine and juice and stir. Cover and refrigerate for at least five hours, or overnight. When ready to serve, stir in soda. Pour over ice, dividing the fruit evenly in each glass.

Makes 7 servings.
Per serving: 125 cal, 0g fat, 13g carb, 1.5g fiber, 0.5g protein



Lisa Lillien, a.k.a. Hungry Girl, knows which foods taste great and keep the scale in check—and she wants to share her tips with you. For more hints, tricks, and recipes, sign up for daily emails at hungry-girl.com.



Flavors that get
your lettuce dancin'
on the salad bar.

Newman's Own® All-Natural Salad Dressings.

One taste of any of our twenty delicious flavors and your taste buds will be doing the tango, too. That's what happens when you make salad dressings with top-notch, no-nonsense, all-natural ingredients like extra virgin olive oil, cracked black pepper and real Parmesan cheese. Now you've got your salad grooving.



ALL PROFITS TO CHARITY.

NEWMAN'S OWN FOUNDATION CONTINUES PAUL NEWMAN'S COMMITMENT TO DONATE ALL PROFITS TO CHARITY. OVER \$300 MILLION HAS BEEN GIVEN TO THOUSANDS OF CHARITIES SINCE 1982. LEARN MORE ABOUT OUR MISSION AT WWW.NEWMANSOWNFOUNDATION.ORG.



INTRODUCING WONKA® EXCEPTIONALS



THIS IS HOW **WONKA** DOES CHOCOLATE



Downtime

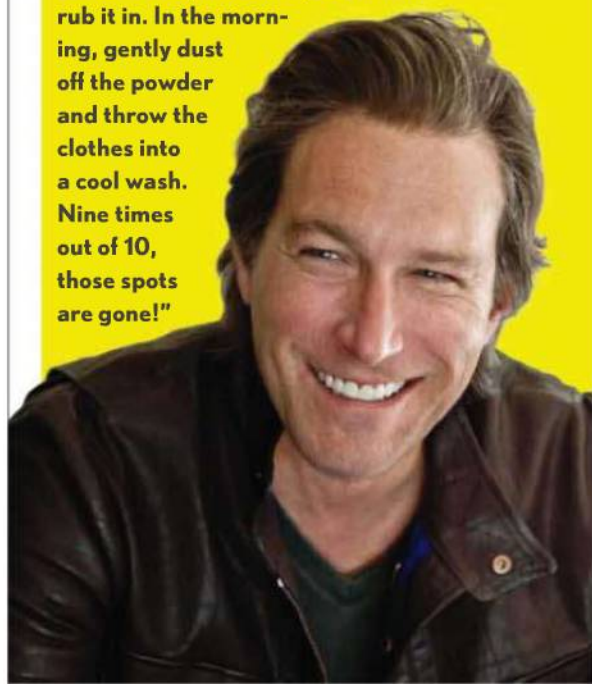
Movies, Music, TV, Books, Travel, and Fun

HOT GUY WITH A HANDY TIP: JOHN CORBETT

The *Sex and the City 2* and *Ramona and Beezus* star knows how to get his grill on (and deal with the grease stains later).

"During the summer, at our place up in Seattle, Bo [Derek, John's longtime girlfriend] and I love to grill up a great steak for dinner. I've discovered an easy way to simulate that dry-aged flavor you get at restaurants: Buy an 8-ounce bone-in steak, like a T-bone, a porterhouse, or a rib eye—a manly steak, as I call it. Wrap it in a single paper towel and refrigerate it overnight. The paper towel will draw out all the moisture from the meat. Ideally, and especially if you're having a party, keep the steaks wrapped for two to three nights. About 30 minutes before you throw it on the barbecue, season the meat on both sides with coarse sea salt. The salt and proteins from the beef will caramelize because the excess moisture has been drawn out, and that not only enhances the flavor of the steak but also gives it a great texture. After dinner, if you're like me, you'll probably end up with a few spots of grease on your shirt or pants (it's usually both for me). At the end of the night, lay out your clothes and sprinkle baby powder on each spot. Smooth the powder on, but don't

rub it in. In the morning, gently dust off the powder and throw the clothes into a cool wash. Nine times out of 10, those spots are gone!"



TV

THE TRAIN WRECK YOU WON'T BE ABLE TO TEAR YOURSELF AWAY FROM

If winding up rose-less wasn't bad enough the first time around, 19 veteran Bachelors and Bachelorettes will reunite in ABC's new reality series, **THE BACHELOR PAD**. They'll get a second chance to scheme, connive, and

canoodle—as they try to win \$250,000 and avoid getting evicted from the coed house. Cohosted by *The Bachelor*'s **Chris Harrison** and former contestant **Melissa Rycroft**. **Debuts August 9, 8 p.m. ET.**



TV

The night to stay in

You've been in withdrawal these past few months without your favorite shows on the air. Get a preview with the *Prime-time Emmys*, hosted by Jimmy Fallon, on August 29 (8 p.m. ET, NBC). Tune in early at 7 p.m. for all the red-carpet glitz and glory.



MOVIES

THE ANTIDOTE TO LOVE WOES

Let these romantic comedies lighten up (and give a little perspective to) your latest lovers' quarrel.

In **THE SWITCH**, Kassie Larson (Jennifer Aniston) is single, 40, and all set to have a child through artificial insemination. But then her best friend (Jason Bateman) takes matters into his own, er, hands and replaces her donor's sperm with his own. Quirky-but-sweet characters and an off-the-wall plot help shake up the standard rom-com formula. **Opens August 20.**



Maybe things aren't always perfect with your guy, but at least you live in the same house. **GOING THE DISTANCE**, starring real-life couple Drew Barrymore and Justin Long, revolves around the trials and tribulations of maintaining a long-distance relationship. Long's comic timing and the pair's genuine chemistry make this one worth the price of that popcorn-for-two. **Opens August 27.**

Downtime

MUSIC

The summer's best pick-me-up

Katy Perry follows up her breakthrough album, *One of the Boys*, with *Teenage Dream*, an equally appealing stream of cotton-candy pop tunes guaranteed to keep the party hopping. Snoop Dogg helps get things rolling on the first single, "California Gurls," inspired as a counterpart to Jay-Z's "Empire State of Mind." Available August 24.



TV

THE SHOW THAT'S MAKING US HUNGRY

The hot new gourmet trend? It's food from a truck, and we're not talking those jingly ice cream vans. These days you can get all things delicious (crepes, dumplings, barbecue) from vendors serving up their specialties from their vehicle. On **The Great Food Truck Race**, Food Network's new reality show hosted by chef Tyler Florence (who's pretty darn delicious himself!), seven vendors will hit the road to see who can sell the most food in towns across the country. Each week, the truck with the lowest sales is cooked. **Debuts August 15, 10 p.m. ET.**



DON'T MISS...

REDBOOK's own Melanie Mannarino as a guest judge on Food Network's *Iron Chef!* Melanie will be delivering her expert critique on **August 29 at 10 p.m. ET.**



THE COWBOY WE LOVE TO LISTEN TO (AND LOOK AT)

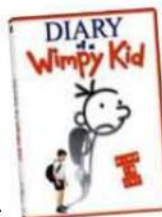
Trace Adkins first stole our hearts fighting for a cause close to his own on *The Celebrity Apprentice* (raising awareness about kids' food allergies—his daughter suffers from them). On his new album, *Cowboy's Back in Town*, the country giant has that sexy, deep drawl going, but he also cracks us up with his wicked sense of humor (especially the tongue-in-cheek "Brown Chicken Brown Cow"). Available August 24.



DVD

THE KEY TO SURVIVING THREE HOURS IN THE CAR WITH YOUR KIDS

Spare yourself the 17 rounds of "Are we there yet?" by popping **DIARY OF A WIMPY KID**, the film version of Jeff Kinney's best-selling illustrated novel, into your portable DVD player. You get 92 minutes of peace, the rowdies are happy, and suddenly you're almost there.



MOVIES

3 TO SEE

GETAWAY FLICKS

Don't have the cash to shell out for an exotic vacation this summer? Let these movies take you around the world.

EAT PRAY LOVE

Elizabeth Gilbert's memoir struck a chord with you and every woman you know. Now Julia Roberts brings Gilbert's trans-continental journey of self-discovery to the big screen. With the help of supporting players like Javier Bardem, it's little wonder the adventurous divorcée finds her way.

CAIRO TIME Fashion editor Juliette Grant (Patricia Clarkson) is expecting to meet her husband in Cairo, Egypt, for some much-needed couple time. But when he's delayed by work, he sends his friend Tareq (Alexander Siddig) as his emissary. As the unlikely pair get to know each other, a graceful love story unfolds.

NANNY MCPHEE RETURNS

Escape to the English countryside in this sequel, set during World War II. This time, Nanny McPhee (Emma Thompson, who also wrote the screenplay) comes to the rescue of a frazzled mom (Maggie Gyllenhaal) whose husband is away at war. Dame Maggie Smith adds to the fun.

Oscar
Mayer

The family dinner isn't history.
It's heating up.

Fire up your family. Introducing Oscar Mayer Selects hot dogs. Made with 100% pure Angus beef and no artificial preservatives.



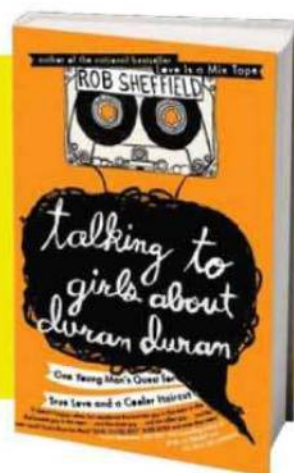
**it doesn't
get better
than this**

Contains natural preservatives. No nitrates or nitrites except those naturally occurring in celery juice.

The read you'll both love

Talking to Girls About Duran Duran by Rob Sheffield

Music journalist Rob Sheffield realized early on that music, for him, was the language of love. He careers from one relationship and one artist to the next in this '80s-nostalgia-drenched memoir. Read it first, then pass it along to your guy. Whether he's a metalhead or a Meat Loaf-lover, it's sure to lead to some fun overshares.



GREAT BOOKS FOR YOUR VACAY

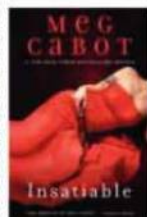
It's August—we hope you're hanging out somewhere near a body of water with some reading time ahead of you! Take a cue from our fiction forecast and choose the book to suit your summer mood.

FORECAST: Sunny and breezy



Seven Year Switch by Claire Cook

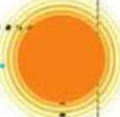
When life gets tough, sometimes even the tough hit the escape button. Jill Murray is content with her man-free existence and fiercely proud of raising her daughter, Anastasia, on her own. So when her ex reappears, she panics and jets to Costa Rica to figure out what she really wants. Best way to handle a crisis? Debatable. A lot of fun to read? Definitely!



Insatiable by Meg Cabot

Twilight-mania got you feeling hot and bothered? Sink your teeth into this just-for-fun vampire novel about single city girl Meena Harper, who realizes that the Prince Charming she unexpectedly meets is not only a Romanian prince, but also a more-than-500-year-old vampire who's the son of Dracula. Since Meena's got psychic powers that make her a little supernatural herself, it just might be the perfect match.

FORECAST: Hot. Very hot.



The Doctor and the Diva by Adrienne McDonnell

Desire has a dangerous side, a fact this sumptuous novel delights in. It is 1903, and Doctor Ravell is a physician well known for his almost mystical talents in helping couples conceive. Opera singer Erika is desperate to have a baby, but as the



months pass and Ravell becomes more and more obsessed with helping Erika and her husband, everyone's desires start to intertwine in this explosive tale. Read the book now, then place bets on when the movie version will come out.

The Red Queen

by Philippa Gregory

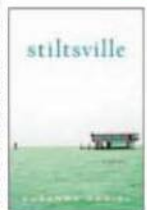
The author of *The Other Boleyn Girl* returns this summer with a novel that's just as sexy and scandalous (and, yeah, smart), this time about the Tudors.

When Margaret Beaufort (Henry VII's mother) becomes a royal widow at the



age of 13, the fate of the kingdom rests on her slight, adolescent shoulders. All ye who are lamenting the ending of Showtime's *The Tudors*, this book will help.

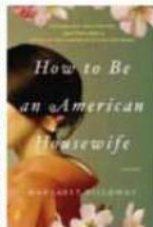
FORECAST: Cloudy with late-breaking sun



Stiltsville by Susanna Daniel

Married couple Frances Ellerby and Dennis DuVal live in a modern-day Eden—a house held up on stilts a mile offshore of Miami. Separated by choice from society's mainstream buzz, even they can't be sure whether their close-knit relationship is inspiring or stifling. This soulful novel will inspire you to reflect on your own definitions of house, home, and what really makes a couple close.

How to Be an American Housewife by Margaret Dilloway



Nope, this novel's not a *Mad Men*-style throwback but a nuanced debut about what happens when expectations and cultures collide in a family. Shoko is a Japanese immigrant who spent her adult life trying to be the perfect American wife. When her grown daughter, Sue, gets a divorce, Shoko feels that Sue has thrown away the American dream. Does she have a point? And what is the American dream anyway? Put out the snacks and the shiraz and get ready for this novel to spark a late-into-the-night book-club gabfest.

Perfect lemons
need nothing but a **good** squeeze.



When you have nothing to hide, it shows. So with Simply Lemonade®, you always know exactly what you're getting – that delicious, thirst-quenching, fresh-squeezed taste. Nothing less. And certainly nothing more.

Honestly Simple.®

THE SAVVY HOSTESS.

You've finally arrived at the fun part of your day. Why not enjoy it? **Hosting a Friday-night barbecue or dinner party?** Cut down on after-work prep by making a cold soup—like gazpacho—ahead of time. (Chill cups in the freezer before serving.) And try **pre-cooked savory sausages** as an alternative to chicken—they cook faster. **Finally, get the junior chefs involved!** Something as simple as letting your little one “man the salad spinner” can create a love of cooking (and greens) that lasts a lifetime.

And now you're good to go.

Whether you're dining in or working out, **Ritz Crackerfuls** are the delicious way to satisfy your hunger so you have what it takes to get to the fun part of your day. And we've got the tips to help you make the most of it.

**ME TIME.**

While a great midday snack satisfies—satisfy your need for personal time, too, with these after-work strategies. First, **change your clothes** the minute you get home—it's a way to “shed” the workday. Use the **Do Not Disturb** sign. A closed door should allow you to read a magazine, write in a journal or scrapbook uninterrupted. (Older children or your husband should help young ones comply.) Finally, **catch up with a close friend**—it can be good for the head AND soul.

**EXERCISE YOUR OPTIONS.**

With a satisfying snack, you've made it to the gym. Now make the most of your workout. Shake things up with a Brazilian dance class that combines Latin rhythms and calorie-burning moves. If you love working out in front of the TV, look for your favorite **fitness-based video games** to pop up in group classes at your gym. And if you really want to feel the burn, the **Hot Yoga trend**—with 100°+ temperatures—rids the body of impurities while toning it.

**Your second wind
has arrived...
boy does it taste good.**



Ritz Crackerfuls. Snack on real food.

Made with real cheese and 6 grams of whole grain per serving, it's the snack that helps satisfy your hunger until your next meal.

Try our newest flavor Cheddar Cheese & Bacon.
Natural flavor with other natural flavors.

Ritz. Open for fun.



Getaway

Take a totally unplugged vacation!

What happens when you replace your iPhone and your kids' DS with cows and chickens and composting toilets? Good things, reports **Marisa Cohen** after a three-day weekend on an organic farm with her family. Find out how a to go back to the land and reconnect with one another.

When I told my daughters that we were going to spend Memorial Day weekend sleeping in a tent, milking cows, and cooking our meals over a wood-burning stove on an organic farm, 9-year-old Bellamy said, "Cool! Can I bring my DS?" I explained that there would be no video games, no computers, and no TVs. "It'll be just like when you studied pioneers in school!" I said with perhaps a little too much forced enthusiasm. "Okay," Bellamy responded, "as long as I can play on your iPhone."

I'll admit I was a bit nervous about this "back to the land" thing. I like nature *in theory*, but I do not like to sleep in it. So why the urge to rough it? Well,

I'd noticed that my family had become overly dependent on our electronics connections at the expense of our human attachments. After dinner and homework, Bellamy and her 7-year-old sister, Molly, would typically play on the computer or watch a rerun of *iCarly* while I'd log onto Facebook and my husband, Jeremy, would check his email. Sitcom laugh tracks and the whir of the computer had replaced lively conversation as the dominant sounds in our house. So when I heard about Feather Down Farms, a company that offers "back-to-basics" family vacations on three farms in the United States, I jumped at the chance to detox from our high-tech lives and reconnect with one another. ►

Clockwise from top left: The author with 9-year-old Bellamy, husband Jeremy, 7-year-old Molly, and Anakin, one of the very friendly dogs at Stony Creek Farm; a classic red barn at Stony Creek, where the owners practice free-range organic farming; Molly bottle-feeds Niblet, a 3-week-old lamb. Everybody say, "Awww!"

ICE CREAM
Nestlé

The Original Sundae Cone®

DRUMSTICK

The sign on the dock said "No Running", but it didn't say anything about prize-winning cannonballs. If this were the Summer Olympics, I would have won the gold medal. When our fingers Officially turned into prunes, we got out of the water and headed back up to the house. With flip-flops in tow, we ended our perfect day the perfect way.



FOREVER SUMMER™



Bite into a nutty,
crunchy, chocolatey
Drumstick® cone.

It's forever summer at DRUMSTICK.COM

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.

Downtime



Clockwise from top left: Farm co-owner Kate Marsiglio assists her 3-year-old son, Isaac, and Molly during make-your-own-pizza night; the four-star tent Marisa's family stayed in; Bellamy and Molly peek out of their hidden "canopy bed."



On a sunny Saturday morning, we drove for three hours from New York City to Stony Creek Farm, in Walton, NY (with the kids watching a DVD in the backseat—hey, I'm no masochist!). When we arrived, it was hello, country life, as one of the owners, Kate Marsiglio, helped us load our bags into a wheelbarrow, which Jeremy then pushed across a footbridge, over a gurgling creek, to our tent.

Actually, that tent was more like a cottage with walls that happened to be made of canvas. The master bedroom had a double bed with fluffy duvets; a second room had bunk beds, though the girls chose the "canopy bed" hidden in a cupboard over a storage space. There was even an indoor composting toilet (low-tech, yes, but it got the job done).

As soon as we unloaded our stuff, Bellamy and Molly went with Kate to gather eggs for our lunch—and by *gather* I mean pluck them right from under the chicken's bottom. Any fears I had that my girls would have trouble adjusting to the slower pace of farm life were dispelled as they rolled down the grassy hill outside our tent and mooed at the milking cow who grazed nearby. "Mom, this farm is awesome—can we live here?" Molly asked.

For me, one of the most refreshing aspects of our stay was the lack of a schedule. We did what we felt like, when we felt like it. Jeremy spent an hour or so showing our daughters his secret method for roasting marshmallows. We drove to a local farmer's market, tasting banana bread and homemade ginger ale. We cooked a stew over a campfire and ate it by candlelight, with each of us talking about our favorite moments of the weekend. And the girls never once asked to play on my iPhone or grab the DVD player. Instead, they devised their own activities, such as building a teepee out of firewood. Of course, it wasn't *all* paradise: Bellamy simply could not get used to all the bugs, and Molly had a

knack for stumbling into both the creek and the cow patties, making me *very* glad that we'd packed several extra pairs of pants and shoes. Overall, though, it was liberating to be so unplugged.

I'd love to say we came home completely changed, gave away our TV, and started growing organic food on our windowsill, but when we returned, I happily re-embraced my blow-dryer and corner Starbucks. We also went back to our wired conveniences, but they seem less important now—I still enjoy Facebook, but I don't feel compelled to update my status several times a day, and the girls haven't picked up their DS once since we've been home.

As we drove home from Feather Down, I realized something: In the back of my mind, I hadn't only been worried about roughing it; I had also been afraid that without our usual distractions, my family might not know how to relate, that we might get *bored* being by ourselves. I was grateful to see that we found one another to be excellent company. Yes, the girls loved milking the cow and feeding the chickens, but the moments I'll remember most were snuggling together at night and talking about fairies as we looked at the stars. Luckily, we don't need a farm to do those things every day—just a remote control with an "off" button. **R**

GET AWAY TO A FARM NEAR YOU

■ Feather Down Farms (featherdown.com)

Check out one of these three working farms: Stony Creek Farm in Walton, NY; Ambrosia Farm in Bridgewater, NY; and Kinnikinnick Farm in Caledonia, IL. Rates range from \$189 to \$229 per night for a tent that sleeps up to six people.

■ PA Farm Vacation (pafarmstay.com)

Plan a vacation at one of nearly two dozen farms in Pennsylvania that raise everything from alpaca to rabbits to horses. Accommodations range from rooms in farmhouses with shared baths to spacious family suites; rates vary by farm.

■ FarmStayUS.com Use this site to plan a back-to-the-land getaway within a short drive of your home. You'll find hundreds of farms, from Maine to Hawaii, that offer vacations built around fresh food, animal care, and plenty of relaxation.



spread
a little
tongue
waggin',

Make your pasta more primo when you stir in $\frac{1}{2}$ cup of Philly.



spread a little 

spreadphilly.com

“Wow, that was embarrassing!”

Readers' hilarious tales of the not-so-great outdoors.

Have you had an “oops” moment?

Tell us about it. Email us at redbook@hearst.com (subject: Laughs); include your full name, your city and state, and a recent photo. Your story and picture could end up in REDBOOK!

No, really, it's a bear!

While traveling through Canada, my husband and I saw signs and brochures warning people of bears in the area and explaining what to do if you encounter one. We went out for a walk one day in a remote area; because I hike at a faster pace than my husband does, I was out in front as we crested a hill. I glanced to my left at the grassy area before me, and there it was, lying in the grass—the biggest black bear I had ever seen! I could feel my heart stop. Luckily I had read about what to do in a situation like this, so I slowly backed up and made my way down the hill as quietly as I could. When

I reached my husband and told him under my breath about the bear, he didn't believe me; he headed right up the hill! I quietly followed him, making my way up the other side of the trail so I could make a quick escape when that huge bear spotted him and pegged him as dinner. Just then, the bear rose up in all its glory—its cow glory! It was actually a huge cow lying in the grass! I'm sure my husband's laughter could be heard for miles.

—Stephanie Hackney, Austin, TX

Poison ivy where?!

I don't really care for camping, but to make my guy happy, I agreed to go sleep in a tent for a long weekend. I didn't realize until we got to our spot how rustic our surroundings would be: There were no bathrooms, so I was forced to squat in the bushes. After taking care of what I hoped was Mother Nature's last call of the night, I crawled into our cozy two-person sleeping bag and fell asleep. Three hours later, I awoke feeling as if my bottom were on fire; my boyfriend checked me out with

his flashlight and muttered, “Uh oh.” I'd managed to squat in a pile of poison ivy, and my buttocks were covered with angry red welts! We headed back home immediately, and my boyfriend took me to see a nurse—who happened to be his mom. Humiliating!

—Debe Winkler, Raleigh, NC

Out for a drive, stark naked

My husband and I drove a van out to East Texas to stargaze one night. We parked in the middle of the woods, climbed on the roof, and got comfortable. Just as things turned romantic and we'd removed our clothes, we heard a loud crash. We had no flashlight and no way to figure out what the noise had been, so we scrambled down from the roof, climbed back into the van, and peeled out down the highway as quickly as we could. After two miles, we looked at each other—and realized we were still naked. Thank goodness there were no sheriffs around to see us come tearing out of the woods.

—Robin Craig, Houston

Raging, vicious... geese

One afternoon, my 3-year-old son and I carried two bags of bread down to the pond at the local park to feed the ducks. We were greeted by a swarm of ducks and three large geese; as we opened the bags, they closed in around us like a bad bird-invasion movie! The largest goose—who was bigger than my son—charged us to get the bags from my grip. Trapped in the middle with no way to get away from them, I dropped the bags of bread and scooped my son up in my arms. We eventually escaped without injury—but we'd gotten a lesson about how not to feed wild animals.

—Debbie Finley, Peoria, AZ

Streaking toddler

One weekend, I took my sons (ages 3 and 6 at the time) camping at a local state park. In the middle of the night, my younger son had an accident, and I realized I didn't have any other pajamas or underwear for him to wear, so I left him in the buff in our camper while I went to the bathroom to rinse and dry his wet pair of pajamas. As I returned, I ran into my naked son about halfway back to our campsite. He told me how he ran to the tent next to us and knocked on the door, asking for his mommy: “I was wooking for you!” he said. I was red-faced the next morning when I ran into our neighbors!

—Gena Morgan, Evansville, IN



DON'T LET PESTS RUIN THE BEST DAY EVER.

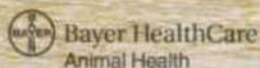


SINCE YOU CAN'T KEEP YOUR PUP IN A BUBBLE, WHAT CAN YOU DO?

Use K9 advantix®. Wherever they go, it protects your dog from 5 kinds of pests. It repels and kills ticks, fleas, and mosquitoes, plus repels biting flies, and kills lice too. Frontline Plus® can't say that. Go to K9advantix.com



K9 advantix. 5 ways to say I love you.



K9 advantix is for use on dogs only. ©2010 Bayer HealthCare LLC, Animal Health Division, Shawnee Mission, KS 66201 K10452
Bayer, the Bayer Cross and K9 advantix are registered trademarks of Bayer. Frontline® (or Frontline Plus®) is a registered trademark of Merial.

CLASSIFIEDS 800-823-1377

Ladies Talk Free to Men Nationwide
1-800-628-LIVE Men Call 1-800-321-LIVE .69

FREE PSYCHIC READING Powerful and Amazing Predictions! Specialists in Love, Destiny, Money, Passions, Fortune, Luck & Problems. 1-800-716-1175

FREE minutes
CALL THE PSYCHIC STARS® NETWORK
PSYCHICSTARS.COM 1-800-461-8328
Registered with the U.S. Government

\$600 WEEKLY potential! Process HUD/FHA refunds from home. No experience. 1-800-277-1223 Ext 293
www.ncisonline.com

Doctors Diet All Natural Lose 40lbs Fast! Guaranteed.
\$49.95 money-order Wilson Imports PO Box 84,
Gambills, MD 21054

FREE FUN NOW 1-800-699-9999
Your fantasies are calling you!
So many men, so little time... 18+



**Ladies FREE
Hot Sexy Talk!**
1-800-507-TALK



**FREE
PSYCHIC READING**
• Real Love • True Romance
• Big Money • Pure Passion
1-888-726-0099
TEL ENT ONLY CALL FOR DETAILS ASHNOW.COM

**Stuttering hurts
...we can help!**

www.stutteringhelp.org
1-800-992-9392

THE STUTTERING FOUNDATION®



Defending dignity.
Fighting poverty.

WWW.CARE.ORG

*To advertise your
product in
Redbook's
Shopper Section,
contact Michael Rohr
at (212) 649-2924*

E-mail: mrohr@hearst.com

Shopping Guide

HIGH-SHINE SKIRTS

PAGE 32: White House Black Market **skirt**, \$98; 877-948-2525, whitehouseblackmarket.com. French Connection **skirt**, \$198; select French Connection stores. Boston Proper **skirt**, \$98; bostonproper.com. Charlotte Tarantola **cardigan**, \$100; Macy's by Appointment, 415-296-4607. Boston Proper **bodysuit**, \$69; bostonproper.com. WD-NY **skirt**, \$98; 212-395-9309 for stores. Luichiny **heels**, \$110; luichiny.com. Talbots **clutch**, \$125; Talbots, 800-TALBOTS, talbots.com. Divine Rights of Denim **jacket**, \$78; southmoonunder.com. The Limited **blazer**, \$128; thelimited.com. Lulu's **tank**, \$34; lulus.com. Ann Taylor **ring**, \$48; annataylor.com.

THE SUPERHIGH PONY

PAGE 50: Ted Gibson Tame It Shine **lotion**, \$20; tedgibsonbeauty.com. Rsession Tools **detailing brush**, \$14; rsessiontools.com.

DRY SHAMPOO

PAGE 52: Oscar Blandi Pronto Invisible Volumizing **dry shampoo spray**, \$23; oscarblandi.com, sephora.com. Rene Furterer Naturia **dry shampoo**, \$24; sephora.com. Ojon Rub-Out **dry cleansing powder**, \$24; sephora.com.

BEAUTY CHECKLIST

PAGE 54: Boscia Luminizing **Black Mask**, \$34; Sephora, sephora.com, bosciaskincare.com. L'Occitane Calanques Buoy **soap**, \$10; usa.loccitane.com. Urban Decay Stardust **eyeshadow**, \$20; urbandecay.com. Clinique Repairwear Laser Focus **Wrinkle & UV Damage Corrector**, \$45; Clinique counters nationwide, clinique.com. Lancôme Définicils Precious Cells **mascara**, \$29; Lancôme counters nationwide, lancome-usa.com. Avon Sunset Glow

bronzer, \$10; 800-FOR-AVON, avon.com. MAC **Lipglass**, \$14; all MAC locations, 800-588-0070, maccosmetics.com.

ESCAPE ON A GIRLFRIEND GETAWAY!

PAGE 120: To receive the Facelogic Spa 20-percent discount in August, mention REDBOOK when booking. Cannot be combined with other offers. Prices may vary by location.

HOW TO ORGANIZE A CRAZY-BUSY LIFE

PAGE 156: Lack **shelf**, ikea.com. Signature **binders**, russellandhazel.com. Martha Stewart ribbon matte **frame**, macys.com. **Bracelets**, shopthelook.net. Roost **piggy bank**, globaltable.com. See Jane Work **pencil cup** and **pencils**, seejanework.com.

5 BEAUTY TRICKS TO TRY BEFORE SUMMER'S OVER

PAGE 171: Mally Beauty Evercolor Starlight Waterproof **liner**, \$15; qvc.com. Clinique Colour Surge **Eye Shadow** Super Shimmer, \$14; Clinique counters nationwide, clinique.com. **PAGE 172:** Eugenia Kim **hat**, \$238; revolveclothing.com. **PAGE 173:** Dr. Dennis Gross Skincare Alpha Beta Daily **body peel**, \$78; mdskin care.com, sephora.com. Glytone **back spray**, \$28; dermstore.com. **PAGE 174:** Duri **lip color**, \$5; 800-724-2216, duri.com. CND Eclectic Purple **lip color**, \$9; cnd.com, ulta.com. **PAGE 175:** Murad Hybrids Skin **Perfecting Primer** Dewy Finish, \$35; 800-33-MURAD, murad.com. Per-Fékt Beauty **skin perfection gel**, \$58; sephora.com. Three Custom Color Specialists Cool Mom on the Go **Lip & Cheek Stain**, \$23; 888-262-7714.

REDBOOK® (ISSN 0034-2106) is published monthly, 12 times a year, by Hearst Communications, Inc., 300 West 57th Street, New York, NY 10019 U.S.A. Frank A. Bennack Jr., Vice Chairman and Chief Executive Officer; Catherine A. Bostron, Secretary; Ronald J. Doerfler, Senior Vice President, Finance and Administration. Hearst Magazines Division: Cathleen P. Black, President and Group Head; John P. Loughlin, Executive Vice President and General Manager; John A. Rohan Jr., Vice President and Group Controller. ©2010 by Hearst Communications, Inc. All rights reserved. REDBOOK is a registered trademark of Hearst Communications, Inc. Periodicals postage paid at New York, N.Y., and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement No. 40012499. Editorial and Advertising Offices: 300 West 57th Street, New York, NY 10019-3797. Subscription prices: United States and possessions: \$17.97 for one year. Canada and all other countries: \$29.97 for one year. Subscription Services: REDBOOK will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within 4-6 weeks. From time to time, we make our subscriber list available to companies who sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings, please send your current mailing label or an exact copy to Mail Preference Service, P.O. Box 6000, Harlan, IA 51593. For customer service, changes of address, and subscription orders, log on to service.redbookmag.com or write to Customer Service Department, REDBOOK, P.O. Box 6000, Harlan, IA 51593. REDBOOK is not responsible for unsolicited manuscripts or art. Unsolicited manuscripts and photographs will not be returned unless accompanied by return postage and envelope. Canada BN NBR 10231 0943 RT. POSTMASTER: Please send address changes to REDBOOK, P.O. Box 6000, Harlan, IA 51593. Printed in the U.S.A.

SUBSCRIPTION SERVICE: REDBOOK MAGAZINE WILL, UPON RECEIPT OF COMPLETE NEW OR RENEWAL SUBSCRIPTION ORDER, UNDERTAKE FULFILLMENT OF THAT ORDER SO AS TO PROVIDE FIRST COPY DELIVERY EITHER TO THE POSTAL SERVICE OR ALTERNATE CARRIERS WITHIN 4-12 WEEKS. IF FOR SOME REASON THIS CANNOT BE DONE, YOU WILL BE NOTIFIED PROMPTLY OF THE ISSUE DATE THAT WILL BEGIN YOUR SUBSCRIPTION. ADDRESS ALL SUBSCRIPTION INQUIRIES TO JOAN HARRIS, CUSTOMER SERVICES DEPT., REDBOOK, P.O. BOX 7140, RED OAK, IOWA 51591 OR CALL TOLL-FREE: 1-800-888-0008

redbook
notebook
what's new, noteworthy & now

Sweepstakes Rules

WIN SHERYL'S EARRINGS SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Go to redbookmag.com/winsherylsearrings between 12:01 a.m. ET on July 20, 2010, and 11:59 p.m. ET on August 23, 2010, and complete and submit the entry for the sweepstakes of your choice pursuant to the onscreen instructions. Must be a legal resident of the 50 United States, the District of Columbia, or Canada who has reached the age of majority in his or her state or province of residence at time of entry. Void in Puerto Rico, the Province of Quebec, and where prohibited by law. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes subject to complete official rules available at redbookmag.com/winsherylsearrings.

WIN IT! SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Go to redbookmag.com/winit between 12:01 a.m. ET on July 20, 2010, and 11:59 p.m. ET on August 23, 2010, and complete and submit the entry for the sweepstakes of your choice pursuant to the onscreen instructions. Must be a legal resident of the 50 United States, the District of Columbia, or Canada who has reached the age of majority in his or her state or province of residence at time of entry. Void in Puerto Rico, the Province of Quebec, and where prohibited by law. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes subject to complete official rules available at redbookmag.com/winit.

THE WISH COME TRUE SWEEPSTAKES, a.k.a. THE \$250,000 CASH GIVEAWAY. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Go to win250k.redbookmag.com and complete and submit the entry form pursuant to the onscreen instructions. Beginning February 1, 2010, at 12:01 a.m. ET through January 31, 2012, at 11:59 p.m. ET. (1) Grand-prize winner will win \$250,000. (24) First-place winners will receive \$1,000 each. (24) Second-place winners will receive \$100 each. Odds of winning depend upon the total number of eligible entries received. Must be 13 years or older and a resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at win250k.redbookmag.com.

BEFORE

AFTER

BELIEVE IT OR NOT.
THEY DO LISTEN.
WHEN YOU TALK TO
YOUR KIDS ABOUT DRUGS,
THEY'RE UP TO 50% LESS
LIKELY TO USE THEM.

TimeToTalk.org

THE PARTNERSHIP
AT DRUGFREE.ORG

WIN!!

WIN A
BACK-TO-SCHOOL
SHOPPING
SPREE

\$1,000

MAKE LIFE A
MOBILE GAME
WITH THE
NEW REDBID!

Go places, collect badges,
and enter to win \$1,000
from Sharpie®!

Sharpie®
Uncap what's inside.
sharpieuncapped.com



Play online at:
brightkite.com/redbook



Text:
REDBOOK to 41414

brightkite REDBOOK
love your life

NO PURCHASE NECESSARY TO ENTER OR WIN. A PURCHASE DOES NOT INCREASE YOUR CHANCES OF WINNING. Open to legal residents of the 50 United States and DC who are age 13 or older. Void where prohibited. Promotion starts at 12:01 AM ET on 07/15/10 and ends at 11:59 PM ET on 08/23/10. Message and data rates may apply for SMS entry. For free entry, official rules, prize descriptions and odds disclosure, go to www.brightkite.com/redbook. Sponsored by Brightkite Inc., 270 East Lane, Suite 1, Burlingame, CA 94010.

I love my

Advocate



I grew up in a housing project, and I know it's partly because of the pioneers of the civil- and women's-rights movements that I had the opportunity to attend Harvard and then to start my own law firm. So I always understood the value of advocacy. But when I gave birth to my son, Marty, now 11, who has special needs, I realized the importance of breaking down barriers for those with disabilities—and of giving them the necessary intervention services, support, and opportunities. So I started the Special Needs Network to empower local low-income families of kids with disabilities, and I recently wrote *The Everyday Advocate: Standing Up for Your Child With Autism*. It's a lot to manage on top of being a lawyer and a mom (I also have two daughters, ages 17 and 12), but I want to do everything I can do improve the lives of special-needs kids. I've been the underdog, so to be able to fight for other underdogs brings me tremendous joy. —Areva Martin, 48, Los Angeles

mommy again

I first became a mother at age 19, and three years ago I had my fourth baby, Israella—at age 40! I feel so blessed that my toddler has three older brothers, ages 24, 18, and 11, who all dote on her, call her "Little Chubby Baby," and help me out enormously with child care. When I was a new mother in my 20s, I felt pressure to keep a perfectly clean house and have all of the chores done, but now I'm much more focused on cherishing my time with Israella, reading to her and playing together. I know the chores can get done later! Adding Israella to our bunch has made me realize how precious each moment as a mother is. —Cathy Conder, 44, Freeport, IL



dancer's

My day job is teaching first aid and CPR skills, but my real passion is for dance. I dance a bit of everything—swing, salsa, the hustle, and tap—and for four years now I've been producing swing events at the Y, where I teach alongside a live band. It's so fun because we bring together folks of all ages to come and dance! Dancing not only has enriched my life by allowing me to learn new skills and keep healthy, but it also has given me a wonderful group of friends. We get together at social events and hit the dance floor. Doing what I love keeps me young and happy! —Myrna Caceres, 38, New York City



life!

la vie charmé

GEL TOUCH™ STRAPLESS PUSH-UP BRA

LILY OF FRANCE®

The advertisement features a woman with blonde hair sitting in a wicker hot air balloon basket. She is wearing a black strapless bra and black underwear. The basket is suspended by ropes from a large, colorful hot air balloon with a yellow, orange, and green striped pattern. The background is a painted landscape with green hills, a blue sky, and a small hot air balloon in the distance. A blue butterfly is visible in the bottom left corner, and a blue bird is flying in the top right corner. The text 'la vie charmé' is written in a cursive font on the balloon's canopy, and 'GEL TOUCH™ STRAPLESS PUSH-UP BRA' is written in a sans-serif font below it. The brand name 'LILY OF FRANCE®' is at the bottom right.



YOU'RE
ALREADY
SEXY.

VASSARETTE IS
HERE FOR
SUPPORT.

*The supportive, smoothing
Full Figure Side Shaper Underwire bra.
Comfortably priced at
retailers nationwide.*

VASSARETTE™
vassarette.com